Favorite Recipes

from
Arlene's Kitchen

Favorite Recipes

271

A Collection by

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Arlene's Story

In our twenty nine years of marriage, my husband Vernon and I, and our three sons, have eaten many foods that I have prepared. Some of the first meals included hamburger helper, hot dogs, and macaroni and cheese. Since then I have been more creative with my menu; although macaroni and cheese is still very popular with the boys. Our "boys" who are really young men now, have enjoyed most everything that I have made, except for the occasional flop. Matthew is now married to his wife, Jamie, who live next to us. Brian and Carl are still living at home. The boys are all involved in farming and custom harvesting with us which keeps us all busy through out the year. It takes much food to keep those working men from being hungry.

I want to give credit to my mother and my mother-in-law, for helping me learn much of my cooking experiences. Cooking is something I have always enjoyed. My mom, Mary Ann Westfahl, always encouraged me and had fun recipes to make. I don't know how she put up with all the messes that my sisters and I would

make. Growing up in 4-H, was also important in my learning to cook experiences. My mother-in-law, Mary Bontrager, gave me many tried and true recipes that I still use today. Her pie dough and caramel frosting are ones I use all the time. She taught me how to make coleslaw which is something I make every summer from cabbage grown in our garden. It has taken many trial and errors to perfect the foods I make. That is what made me a good cook. New recipes are something that I like to try so my family is used to some flops, every once in a while, but some of the recipes have become favorites.

Friends and family members have encouraged me to make a cookbook; many of the recipes included are from winning recipes I entered at The Kansas State Fair. These are recipes that I make year round, and especially during harvest time. Over the years you learn many "tricks" in making a perfect baked good; such as using cake flour to make a lighter cake. A few other tricks are to brush off cake crumbs before putting on frosting, and don't over bake your cake. Be sure to use fresh ingredients, not spices that are several years old. These are a few things to remember when baking goodies.

Growing a large garden every year is something we enjoy. I freeze and can over a couple of hundred quarts of fruits and vegetables every year. My family enjoys my dill, sweet and cinnamon pickles that I make. I also make relish with cucumbers that taste great with hot dogs. Okra and jalapeno peppers are pickled which are usually served at every dinner. Many quarts of green beans and potatoes have been canned. My children do not have fond memories of picking and snapping green beans but they do like to eat them. They have helped dig wagon loads of potatoes from the garden; which was not their favorite chore, but they do love to eat

Appetizers & Beverages
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mashed potatoes and gravy. Canning diced potatoes with chopped onions and celery; makes an easy dish to make for potato soup or scalloped potato casserole. Tomatoes are made into sauce, salsa, V-8 juice, pizza sauce, spaghetti sauce and cut up tomatoes. Jellies and jams are made with strawberries, blackberries and wild sand plums. Canning applesauce and canned apple pie filling is convenient to use during the year. Peaches, corn, asparagus, and broccoli are frozen by the quart. Mom and I pick and freeze cherries from her trees. When I put up my own food I know the quality of it and it tastes better than store bought; it also saves money. It does take time to do all of this but I feel it is important for my family.

During harvest I feed six to thirteen men three meals a day when we are custom cutting away from home. Breakfast is served in the motor home and our noon meal is delivered to the field. We sit in folding chairs around the back of the suburban. The men come and help themselves cafeteria style. A large ice chest is used to keep cold items cool; Jell-O doesn't do well at 100 degrees! Iced tea is served in a five gallon jug that is refilled daily. It is also good to be parked up wind from the combines, if possible. Combines spread straw and chaff, and it is usually always windy in Kansas. We all need a little extra fiber at one time or another. If we need to keep the combines going, some of the men will eat, then trade combine drivers. That way the combines never stop, so we get more acres cut sooner. We don't stop for supper so we have sack lunches that usually includes sandwiches, chips, cookies, candy bars and a can of pop. It includes running out to the combines to give them their sack.

When I plan meals for harvest, I try to do everything possible ahead of time. Examples are; make meatballs, Salisbury steak

patties, and freeze them on a cookie sheet, then place them in a plastic freezer bag. Several pounds of bacon are fried and frozen. Dozens of cookies and several loaves of quick bread are baked and frozen. Roasting a ham, brisket, and turkey, slicing and freezing them, will save time at harvest. When I am ready to make the meals at harvest, thawing out the meat the night before saves time. In the morning, it is put in the slow cooker, so it will be ready to eat at noon. Anything that can be done ahead of time at harvest, is done. I prepare my menus ahead of time, here are a few example menus.

Breakfast menu examples:	Sausage patties	Pancakes
	Scrambled eggs	Bacon
	Toast or quick breads	Orange juice
	Orange juice and Coffee	Coffee

Dinner menu examples:	Enchilada Casserole	BBQ Meatballs
	Corn	Scalloped Potatoes
	Tapioca salad	Green beans
	Poppy seed bread	Cole Slaw
	Chocolate cake	Cool Whip Dessert
	Iced tea	Iced tea

Super menu example: Ham Sandwiches- includes cheese, lettuce, pickles
Chips
Cookies, candy bar
Pop

I hope that you will enjoy my cookbook. Some of my recipes are not exact on the amounts of ingredients. That is what makes a

personalized recipe, adjusting it to what your family likes. I'm sure there are recipes that I forgot to put in this cookbook, but it was hard to remember everything. In the evening I like to sit and look through the many cookbooks I own to figure out what to make for the next busy day. It usually takes all morning to get dinner ready and the next day's meal planned. Organization and planning makes cooking much simpler. People now days want their food ready fast. It is important to take time and make food that your family enjoys. The fellowship at meal time is something that cannot be replaced with fast food. Hopefully my cookbook will give you a chance to try some new recipes and some that have been around awhile. I want to thank everyone that helped me with making this cookbook, especially my daughter-in-law, Jamie, with the grammaticism of my story. Thanks to Mom and my Aunt Helen Janzen for the generations of recipes that they have given me. I have been very blessed with my wonderful family.

Arlene Bontrager

Arlene Bontrager

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Appetizers
&
Beverages

Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about ¼ cup juice; one orange yields about ⅓ cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

APPETIZERS & BEVERAGES

Easy punch

2 pkgs. cherry Kool-Aid
2 qt. water
2 c. sugar
1 (6-oz.) can frozen orange juice
1 qt. ginger ale

Combine cherry Kool-Aid, water, sugar and orange juice in large container and mix well. Add ginger ale just before serving. Serves 20.

Recipe Note: This is an easy punch to make.

Hot almond tea

2 qt. water
1 ½ c. sugar
Juice of lemon
½ lemon rind
2 c. strong tea
Juice of 2 lemons
1 tsp. vanilla extract
1 tsp. almond flavoring

In a large saucepan boil together the water, sugar, juice of 1 lemon and ½ lemon rind for 5 minutes. Add the tea, juice of 2 lemons, vanilla and almond extracts and simmer. Serve and enjoy. Serves 10.

Hot mulled cranapple punch

6 c. (46 oz.) apple juice
1 1/2 c. cranberry juice cocktail
2 sticks cinnamon
4 whole cloves

Combine all ingredients and bring to a boil, then simmer for 10 minutes or until ready to serve. Serves 10.

Instant hot chocolate

16-oz. jar Coffee-Mate
1 (8-qt.) box powdered milk
1-lb. box Nestle Chocolate Quik
2/3 c. powdered sugar

Mix together in large container. Use 1/3 cup mix to make 1 cup of hot chocolate. Add hot water to make 1 cup. Store chocolate mix in airtight container in a cool place. Serves 60.

Orange julius

6 oz. frozen orange juice
1 c. milk
1 c. water
1/4 c. sugar
1 tsp. vanilla
10 to 11 ice cubes

Combine all ingredients in a blender; mix until smooth and icy. Works best to add the ice cubes last. Serves 4.

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Party punch

1 (12-oz.) can frozen orange juice concentrate
1 (12-oz.) can frozen lemonade concentrate
1 pkg. cherry Kool-Aid
1 (46-oz.) can Hawaiian Punch
2 (12-oz.) bottles ginger ale
1 qt. pineapple sherbet, broken up

In punch bowl or large container mix the orange juice and lemonade according to package directions. Mix the Kool-Aid, using 1/2 the amount of water and the full amount of sugar. Add Hawaiian Punch and chill. When about to serve, add the sherbet and ginger ale. May add some pineapple juice to your taste. Serves 20.

Strawberry smoothie

Handful of strawberries
1 c. yogurt, vanilla or strawberry
Several big spoonfuls of strawberry ice cream
Slurp of milk
2 bananas (opt.)

In blender combine all ingredients and blend until smooth. Add amounts of whatever you want to make it taste good for you. Can vary ingredients by using peaches, blueberries, blackberries, etc. Serves 4.

Cheese Ball

8 oz. cream cheese (room temp.)
1 1/2 c. grated cheddar cheese
1 tsp. Worcestershire sauce
1/2 tsp. dry mustard
1/4 tsp. salt
1 (4-oz.) can chopped black olives
1 sm. onion, chopped
1 T. parsley
Chopped nuts

Combine all ingredients except nuts in large bowl and mix well. Be sure to have cheeses at room temperature. Roll in chopped nuts and serve with crackers. Serves 12.

Grilled Stuffed Jalapeños

16 jalapeño peppers
4 oz. cream cheese
1/2 lb. bacon

Wash peppers. Cut in half and remove seeds; discard seeds. Wear rubber gloves when cutting peppers. Stuff 1/2 of each pepper side with cream cheese. Place together and wrap with bacon; secure with toothpick. I usually cut a piece of bacon in half to use. Grill over medium-high heat until bacon is done. You can vary how many you want to make with the ingredients. The seeds are what is hottest in the pepper. If you like it hot, leave the seeds in. Serves 8.

Mexican layer dip

2 (10¼-oz.) cans bean dip (plain and/or jalapeño)
3 med. avocados, mashed
2 T. lemon juice
½ tsp. salt
¼ tsp. pepper
1 c. sour cream
½ c. mayonnaise
1 pkg. taco seasoning mix (dry)
1 lb. sausage, cooked, drained, cooled
2 or 3 green onions
2 c. tomatoes, chopped
2 (3½-oz.) ripe olives, chopped
1 head lettuce, shredded
1 to 2 c. shredded cheddar cheese

Spread bean dip in a large serving dish or 9 x 13 x 2-inch baking pan. Top with combined avocado, lemon juice, salt and pepper. Spread with a mixture of sour cream, mayonnaise and taco seasoning mix. Sprinkle with cooked sausage and the combined remaining ingredients. Serve chilled or at room temperature, with tortilla chips or corn chips. Serves 12.

Recipe Note: This is my must bring dip every Christmas Eve at Grandma's house.

Puppy chow

1 (12-oz.) pkg. semi-sweet chocolate chips
1 c. peanut butter
½ c. margarine
9 c. Crispix cereal
3½ c. powdered sugar

Combine chocolate chips, peanut butter and margarine in bowl and melt on low heat in microwave. Stir until smooth and don't overheat. Add cereal and stir to cover thoroughly. Put powered sugar in paper bag and add cereal mixture in bag and shake well to coat cereal. Put in bowl to serve. Serves 10.

Ranch dip

2 c. sour cream
3 T. dry Ranch dressing mix

Mix in bowl. Store in refrigerator. Serve with chips or vegetables. Serves 15.

Shrimp dip

8 oz. cream cheese
1/2 c. diced onion
4 oz. Cheez Whiz
1 can tiny shrimp, drained
Spoonful of sour cream
1 T. lemon juice
Dash of garlic salt
Mayonnaise

Have cream cheese at room temperature. Blend cream cheese, onion and cheese until smooth. Add sour cream, lemon juice, garlic salt and mayonnaise; stir until smooth. Add shrimp. Add enough mayonnaise to desired consistency. Serves 10.

Southwest dip

1/2 c. picante sauce
1/4 c. sour cream
3/4 c. ricotta cheese
1/4 tsp. chili powder
1/4 tsp. garlic powder
1/4 tsp. cumin

Combine all ingredients in bowl. Serve with tortilla chips. Serves 6.

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Summer Sausage

3 lbs. venison or hamburger
3 T. Tender-Quick
½ tsp. garlic powder
1 tsp. onion powder
1 T. liquid smoke
1 tsp. black pepper
1 tsp. whole mustard seeds
1 c. water

Mix all ingredients together in bowl. Shape into 2 long rolls. Wrap in plastic wrap and refrigerate 24 hours. Unwrap and place on broiler pan and bake in oven at 300° for 1½ to 2 hours. Keep refrigerated if not eaten right away. Leanest meat works the best. Serves 30.

Tortilla Pinwheels

8 oz. sour cream
1 (8-oz.) pkg. cream cheese
1 (4-oz.) can diced green chiles, drained
1 (4-oz.) can chopped black olives, drained
1 c. grated cheddar cheese
½ c. chopped green onion
Garlic powder
Seasoned salt
5 (10-in.) flour tortillas

Mix sour cream, cream cheese, chilies, black olives, cheddar cheese, onions together. Add garlic powder and seasoned salt to taste. Divide the filling and spread evenly over the tortillas. Roll up the tortillas. Cover tightly with plastic wrap and refrigerate for several hours. Unwrap and cut in slices about ½ to ¾ inch thick. Lay pinwheels flat on plate to serve. You can also add chopped ham in tortilla, if desired. Serve with salsa, if desired. Serves 20.

Main Dishes
Soups & Salads
Vegetables & Side Dishes

VEGETABLE PIZZA

2 (8-oz.) cans refrigerated crescent dinner rolls
1 (8-oz.) pkg. cream cheese
1 c. mayonnaise
1 pkg. dry Ranch salad dressing mix
3/4 c. broccoli florets
3/4 c. cauliflower, chopped
3/4 c. carrots, shredded
2 c. sliced mushrooms
3/4 c. green peppers, chopped
3/4 c. black olives, sliced
3/4 c. celery, chopped
3/4 c. tomatoes, chopped
1/2 c. onions, chopped
2 c. cheddar cheese, grated

On a 10 x 15-inch baking sheet place rolls and press together the seams to cover sheet. Bake as directed until crust is golden brown; cool. In a bowl mix together the cream cheese, mayonnaise and Ranch salad dressing mix. Spread over crust; layer vegetables on top. You may use whatever kind of vegetables that you like. Top with shredded cheese. Refrigerate leftovers. May be made a day ahead of time and refrigerated. Serves 12.

Recipe Favorites

65153-05

Soups & Salads

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.
- Instant potatoes are a good stew thickener.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.
- Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.
- Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked eggs apart from the raw ones in your refrigerator.
- Keep bean sprouts and jicama fresh and crisp up to five days by submerging them in a container of water, then refrigerating them.
- Your fruit salads will look perfect when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.

SOUPS & SALADS

Broccoli-cauliflower salad

1 bunch fresh broccoli
1 head cauliflower
1 can sliced black olives
1 can sliced mushrooms
2 green onions, sliced
1 green pepper, diced
1 bottle Italian dressing

Cut up broccoli and cauliflower into bite-sized pieces; add black olives, mushrooms, onions and green pepper in medium-sized bowl. Add Italian dressing and stir well. Let marinate for several hours or overnight is best. Keep in refrigerator. You may use fresh mushrooms or other vegetables to your taste. Serves 10.

Butterscotch tapioca

7 c. boiling water
1/2 tsp. salt
1 1/2 c. baby pearl tapioca
4 beaten egg yolks
1 c. cream or rich milk
3 c. brown sugar
1/2 c. margarine
1/4 tsp. soda
1/3 c. water
8-oz. ctn. Cool Whip
6 Snicker candy bars, cut up
1 tsp. vanilla extract

In large saucepan boil together the water, salt and tapioca for 15 minutes. Remove from heat and add cream and egg yolks, stirring well and bring to a boil and cook for a couple of minutes. In another saucepan brown the margarine and add brown sugar, soda and water; boil for a couple of minutes and add to the tapioca mixture. Add vanilla extract. Stir together well. Let cool in refrigerator. When cool, add whipped cream and candy bar; stir well. Keep in refrigerator. Serves 25.

Caramel bread pudding

6 slices day-old raisin bread, cut into 1/2-in. slices
1 c. hot water
1 c. brown sugar
4 eggs, lightly beaten
2 c. warm milk
1/2 c. sugar
1/2 tsp. vanilla
1 tsp. cinnamon
1/8 tsp. salt

Place bread in a greased 2-quart baking dish. Combine water and brown sugar; pour over bread. Combine remaining ingredients; pour over bread. Bake at 350° for 50 to 60 minutes or until a knife inserted near the center comes out clean. Serve warm or cold. Serves 6.

Christmas Salad

1 (21-oz.) can cherry pie filling
1 (8-oz.) can crushed pineapple
1 (14-oz.) can sweetened condensed milk
1 1/2 c. mini marshmallows
1 med. (12-oz.) ctn. Cool Whip
1/2 c. pecans, broken

Mix all together in medium-sized bowl. Keep in refrigerator. This is a very easy salad to make. Serves 12.

Cold Veggie Salad

1 can French-style green beans, drained
1 can whole-kernel corn, drained
1 can peas (Moinsuer), drained
1 can water chestnuts, sliced
6 stalks celery, sliced thin
1 med. onion, diced

Dressing:

1 c. sugar
1/2 c. vegetable oil
3/4 c. vinegar
1 1/2 tsp. salt
1/2 tsp. pepper
Dash of garlic powder

Combine vegetables in bowl. Combine dressing ingredients in saucepan and bring to a boil. Cool completely and pour over veggies. Toss well and refrigerate. Serves 12.

Coleslaw

1 head cabbage
½ c. sugar
½ to 1 tsp. salt
¼ tsp. pepper
1 c. mayonnaise

Shred cabbage in bowl. Sprinkle sugar over cabbage; stir and let sit about 10 to 15 minutes or until juicy. I never measure the amount of sugar or salt, just approximate to suit your taste. Add salt and pepper and stir; add enough mayonnaise and stir. Keep refrigerated until time to serve. You may vary amount of ingredients according to how much cabbage you use. Serves 10.

Layer Lettuce Salad

1 head lettuce, cut up
¾ c. diced celery
¾ c. shredded carrots
¼ c. green onion, chopped
1 c. sliced mushrooms
4 to 6 hard-boiled eggs, chopped
1 to 2 c. shredded cheddar cheese
Bacon bits
1 (10-oz.) pkg. frozen peas
2 T. sugar
¼ tsp. pepper
Sprinkle of salt
2 c. mayonnaise
½ c. sour cream
2 T. Ranch dressing mix (dry)

In a 9 x 13-inch pan start with lettuce in the bottom. Then layer the rest of the vegetables over the lettuce, then layer the eggs, cheese, bacon bits and ending with the frozen peas. Sprinkle with the sugar, salt and pepper. In a small bowl combine the mayonnaise, sour cream and Ranch dressing mix. Stir to combine. May want to add more sour cream or mayonnaise. Spread over the top of the salad. May garnish with some additional shredded cheese. Cover with plastic wrap and refrigerate. You may refrigerate for 24 hours before serving. Amounts of vegetables may be varied or substituted for others. Serves 15.

Recipe Note: Great to fix a day ahead of time.

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Taco salad

2 lbs. ground beef
1 can Mexican-style beans
2 pkgs. taco seasoning
1 head lettuce, chopped
2 tomatoes, chopped
2 to 3 c. shredded cheddar cheese
1 pkg. tortilla chips
Salsa

In skillet brown hamburger; drain fat. Add taco seasoning according to package directions. Simmer for about 5 to 10 minutes, then add can of beans. In a large bowl combine meat mixture, lettuce, tomatoes, cheese and toss. Just before serving, add several handfuls of chips that have been crushed by hand. Serve with remaining chips and salsa. Serves 12.

Recipe Note: I usually make this in my Tupperware Fix and Mix bowl. Great for eating on hot summer harvest days.

Lemonade gelatin

5 (3-oz.) pkgs. lemon gelatin
6 c. boiling water
1 (12-oz.) can frozen lemonade concentrate
1 (12-oz.) ctn. whipped topping

In large bowl dissolve gelatin in boiling water; stir in lemonade. Chill until partially set, fold in whipped topping. Pour into a 9 x 13-inch pan and refrigerate until set. I have also used lime gelatin and limeade concentrate for a different flavor. Serves 15.

Orange tapioca

4 c. water
Salt (pinch)
1/3 c. baby pearl tapioca
1 (3-oz.) pkg. orange Jello
2/3 c. sugar
4 cut-up oranges OR 2 cans mandarin oranges, drained OR 1 can lite fruit cocktail

In a medium saucepan bring water to a boil; add salt. Add tapioca and simmer for 20 minutes, stirring occasionally. Remove from heat; add Jello and sugar. Stir until dissolved. Refrigerate until set. Stir well, then add oranges. When I use fruit cocktail, I do not drain it but I do with the canned oranges. You can also substitute different flavors of Jello and fruit. Serves 10.

Rice pudding

8 c. cooked rice
1/4 c. butter
1 (14-oz.) can sweetened condensed milk
1 c. milk
1 tsp. cinnamon
1 tsp. vanilla extract

In a medium saucepan combine rice, butter, condensed milk, milk, cinnamon and vanilla. Stir the mixture over low heat until it thickens to a pudding consistency. Pour into a 2-quart baking dish. Best served warm. May need to add a little more milk. Serves 10.

Sandwich spread

1 lb. wieners
4 hard-boiled eggs
1/2 c. sweet pickles
1 c. grated cheddar cheese
1 to 2 T. mustard
Pepper to taste
Mayonnaise or salad dressing
1/4 c. sweet pickle juice

Using a meat chopper or a food processor, grind or chop wieners, eggs, sweet pickles. Combine all ingredients in a medium-sized bowl; add cheese, pickle juice, mustard, pepper and enough mayonnaise to make a spreadable mixture. Stir well. Adjust amounts of ingredients to suit your taste. Spread on bread for sandwiches, add lettuce leaf if desired. Keep spread refrigerated. Serves 10.

Cheeseburger soup

1 lb. ground beef
3/4 c. chopped onion
3/4 c. shredded carrots
3/4 c. diced celery
1 tsp. dried basil
1 tsp. dried parsley flakes
4 T. margarine, divided
3 c. chicken broth
4 c. diced peeled potatoes
1/4 c. flour
8 oz. processed American cheese, cubed
1 1/2 c. milk
1 tsp. salt
1/2 tsp. pepper
1/4 c. sour cream

In a 4-quart saucepan brown beef; drain and set aside. In the same saucepan sauté onion, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Add broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer 10 to 12 minutes or until potatoes are tender. Meanwhile, in small skillet, melt remaining butter. Add flour; stir until smooth; add milk. Cook and stir until bubbly; reduce heat and add cheese; stir until smooth. Add to soup with salt and pepper; stir well. Remove from heat and stir in sour cream. Serves 10.

Chicken Borsht

1 chicken fryer
½ bay leaf
1 med. cabbage, chopped
1 sm. onion, chopped
3 med. potatoes
1 (15-oz.) can diced tomatoes
1 c. sour cream

In a large 4-quart saucepan cut up chicken and cover with water to boil. Add ½ bay leaf and salt and pepper to season. Boil about 1 hour or until done and tender; debone chicken and put meat back in broth. Add the cabbage that has been chopped and the chopped onion. Add enough water to cover all and simmer for 1 to 2 hours. Meanwhile, peel and chop the potatoes. Add the potatoes and boil for another 15 minutes or until potatoes are tender, then add 1 can of sliced tomatoes and bring to a boil. Just before serving, add sour cream and keep warm. Serves 10. This is very good reheated the next day.

Recipe Note: Note: This recipe is from my Aunt Helen Janzen. It is an original recipe from my Grandma Weins that came from Russia. Beef can also be used instead of chicken.

Potato Soup

4 c. diced raw potatoes
2 c. water
Salt & pepper to taste
¾ c. diced celery
¾ c. diced carrots
¼ c. chopped onions
1 tsp. parsley flakes
1 tsp. chicken granules
1 tsp. chicken soup base
2 c. milk
½ c. Velveeta cheese, diced

Cook potatoes, celery, onion, carrots and parsley flakes in water and chicken granules and soup base until vegetables are tender. Mash some of the vegetables, leaving a few small potato pieces. Add milk and cheese and heat but don't boil. Serves 8. I add more chicken flavoring and cheese for my taste.

Santa Fe Soup

1 lb. hamburger
½ to 1 c. onion, chopped
1 can whole corn (do not drain)
1 can pinto beans
1 can Ro-Tel tomatoes
1 can stewed tomatoes
1 lb. mild Mexican Velveeta cheese, cubed

Brown hamburger with onion. Drain fat. In large stew pot add hamburger and onion and rest of all ingredients. Cook over low heat, stirring occasionally. For crockpot, brown hamburger and onion. Drain fat. Add all ingredients and cook on low for 6 to 8 hours. Serves 8.

Taco Soup

2 lbs. ground beef
1 onion, chopped
1 can green chilies
1 tsp. salt
1 tsp. pepper
1 can pinto beans
1 can lima beans
1 can hominy
1 (14.5-oz.) can zesty tomatoes
2 qt. stewed tomatoes
1 pkg. taco seasoning
1 pkg. dry Ranch dressing
1 ½ c. water

Rinse and drain pinto and lima beans and hominy; set aside. In large kettle brown beef and onion; drain fat. Add remaining ingredients; bring to a boil, reduce heat and simmer 30 minutes to an hour. Stir occasionally. To serve, top with shredded cheddar cheese and tortilla chips. Soup flavor is even better when reheated. Serves 10.

Vegetables
&
Side Dishes

Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- For an easy no-mess side dish, grill vegetables along with your meat.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To avoid toughened beans or corn, add salt midway through cooking.

VEGETABLES & SIDE DISHES

Baked beans

Gallon can of baked beans
1 bottle chili sauce
1 lg. onion, chopped
1 lb. bacon, fried & crumbled
1 c. brown sugar

In large pot combine all ingredients. Bake in 350° oven for about 1 hour. If using electric roaster or on stove top, stir occasionally. I like to use Bush's beans. Will serve a bunch of people (25).

Best onion rings

3 lg. sweet onions
1 c. flour
1 tsp. paprika
¾ tsp. salt
¼ tsp. pepper
1 c. beer
Vegetable oil for frying

Cut onions into ½-inch slices; separate into rings. In a bowl combine flour, paprika, salt, pepper; add beer and stir until foam is gone. Toss onion rings in batter and drop in hot oil (375°) for 3 to 4 minutes, turning once until crisp. Drain on paper towels. You may keep them warm in a 300° oven until ready to serve. Serves 6.

Carl's macaroni & cheese

2 c. elbow macaroni
1 (4-oz.) can sliced mushrooms
1 can cream of mushroom soup
1/4 c. margarine
2 or 3 rounded T. cheese powder
1/2 scant c. milk

In large saucepan with boiling salt water, put macaroni and whole can of mushrooms in. Boil until macaroni is tender; drain. Combine macaroni, cream of mushroom soup, margarine, cheese powder and milk. Stir until well combined and serve. Serves 6.

Recipe Note: This is the way that Carl makes it. He doesn't exactly measure, so just add until it looks right and tastes good. You can add some cut-up hot dogs.

Cheesy asparagus

3 lbs. asparagus
4 slices American cheese
2 T. margarine

Wash and cut asparagus into 1-inch pieces. Put in 2-quart microwave-covered container and cook on high for 10 minutes. Stir and cook for another 2 minutes. Let sit for a few minutes. Drain; season with salt and pepper, margarine. Add cheese slices. Cook for 2 more minutes. Let sit for a couple of minutes until cheese melts. Stir and serve. Serves 6.

65153-05

Cheesy zucchini

5 or 6 zucchini
1 sm. onion
Garlic salt
Pepper
4 slices American cheese

Peel and slice zucchini into 2-quart microwave dish. Slice onion into zucchini. Season with garlic salt and pepper. Microwave on high for 10 minutes; stir. If it is not tender enough, cook another 2 minutes. Drain liquid and add cheese slices. Let sit for a few minutes until melted; stir. Serve in bowl. Serves 6.

Creamed corn

1/3 c. margarine
1/3 c. flour
1 c. whipping cream
1 c. milk
1/4 c. sugar
1 tsp. salt
5 c. frozen corn, thawed

In a saucepan melt margarine over medium heat. Stir in flour until smooth. Add cream, milk, sugar and salt. Bring to a boil; boil and stir for 2 minutes. Add corn; heat through. Transfer to serving bowl and enjoy. Serves 10.

Creamy corn

2 (10-oz.) pkgs. frozen corn
2 T. sugar
1 (8-oz.) pkg. cream cheese
1/4 c. butter
6 T. water

Combine frozen corn and all other ingredients in a slow cooker. Cook (low setting) about 4 hours. Stir occasionally. Serves 8.

Creamy Sliced Cucumbers

4 to 5 med. cucumbers, peeled & sliced
1 onion, sliced
1 tsp. dill weed
Salt to taste
Pepper to taste
1 c. sour cream

Prepare cucumbers and put in bowl. Add onions and dill. Add salt and pepper according to taste. Stir and let sit for about 15 to 20 minutes. They should get watery. Add sour cream and stir well. Refrigerate until ready to serve. These should be prepared within 2 to 3 hours of serving. Serves 6.

Fried Wild Mushrooms

Lots of morel mushrooms
Flour
Salt
Pepper
Vegetable oil with butter flavoring

Go and find morel mushrooms. Hopefully more mushrooms than ticks and poison ivy. Bring mushrooms home and wash. Cut mushrooms in half and wash again. It takes a lot of washing to clean them. In plastic bag put flour, depending on how many mushrooms you have, about a cup to start with; add about 1 teaspoon salt and ½ teaspoon pepper. Shake to mix. Add a few mushrooms at a time to coat with flour and put in skillet with oil that is hot. I use a combination of vegetable oil and butter-flavored popcorn oil. Fry on both sides until browned. Drain on paper towels and enjoy. Serves 6.

65153-05

Green beans

1 qt. green beans
2 to 3 T. chopped onion
2 slices bacon
Salt & pepper to taste

In saucepan fry bacon that has been chopped up for a few minutes, or you may microwave for 2 minutes. Add green beans, onion and salt and pepper to taste. Boil until onion is transparent. Serve. For cheesy green beans, cook green beans until done. Drain liquid and add 2 to 3 slices of American cheese. Let cheese melt, then stir together. Add salt and pepper to taste.

Variation: To 1 quart of green beans in saucepan, add 1 to 2 tablespoons of chopped onion, ½ teaspoon basil and salt and pepper to taste. Boil together. Serves 6.

Mom's dressing

6 c. bread croutons
4 c. chicken broth
1 sm. onion, chopped
1 c. celery, chopped
1 tsp. sage
½ tsp. pepper
½ tsp. salt
5 eggs
1 can sliced mushrooms (opt.)
3 T. margarine

In large bowl combine bread, onion, celery and broth; stir lightly. Add mushrooms if desired, salt and pepper, sage and eggs. Stir together and pour into 9 x 13-inch greased baking pan. Dot with margarine. Bake at 350° for about an hour. Serves 8.

Okra

Bunch of okra
½ c. flour
½ c. cornmeal
Salt
Pepper

Wash okra and cut off stem end. Slice into ½-inch pieces. Combine flour and cornmeal in plastic bag. Shape pieces of okra in flour mixture until coated. Fry in skillet in vegetable oil until golden brown. Salt and pepper to taste. Use however much okra you want. Serves 4.

Party potatoes

3 lbs. potatoes, or enough for 12 people
1 (8-oz.) pkg. cream cheese or lowfat
1 c. sour cream
1 c. shredded cheddar cheese
3 T. margarine
2 T. Ranch dressing mix (dry)
2 T. chopped chives
Salt to taste
Pepper to taste

In a large saucepan boil potatoes with salt until tender. Drain water and mash. Add cream cheese, sour cream, margarine, Ranch dressing mix, cheese, chives and continue to mash until smooth. Add salt and pepper to taste. You may use either dry or fresh chives. Put in a greased 9 x 13-inch baking pan. Cut 1 tablespoon of margarine in chunks and put over potatoes. Cover and foil and bake at 350° for about 1 hour until hot through. This dish can be made a day ahead of time and refrigerated until ready to bake. May need to bake a little longer if refrigerated. Serves 12.

65153-05

Scalloped Cabbage

1 head cabbage
1 can cream of mushroom soup
½ soup can milk
6 slices American cheese
Salt to taste
Pepper to taste

Cut up cabbage in pieces, about 2 inches or bite size. In a large saucepan bring water to a boil. Boil cabbage for a few minutes until crisp tender; drain and place in 9 x 13-inch baking pan. Season with salt and pepper. In a small bowl combine soup and milk and pour over cabbage. Place cheese slices over cabbage. Cover and bake at 350° for 45 minutes to 1 hour. Serves 8.

Seasoned Rice Pilaf

1 c. long grain white rice
½ c. brown rice
½ c. wild rice
4 c. water
1 (4-oz.) can sliced mushrooms, not drained
1 T. chicken bouillon
½ tsp. sage
1 T. parsley flakes
2 T. margarine
½ tsp. salt
Dash of curry powder
Dash of marjoram
Dash of garlic powder
Dash of thyme
1 T. dried onion flakes
¼ c. diced celery

In large microwave container combine all ingredients. In microwave, cover container and microwave on high for 5 minutes. Reduce power to 50% and microwave for 25 minutes more. Let set for a few minutes. If not all of liquid is absorbed, you may need to cook a few minutes more. Stir and serve. You may cut the recipe in half, using 1 cup of rice to 2 cups of liquid. Serves 10.

SMASHED TURNIPS

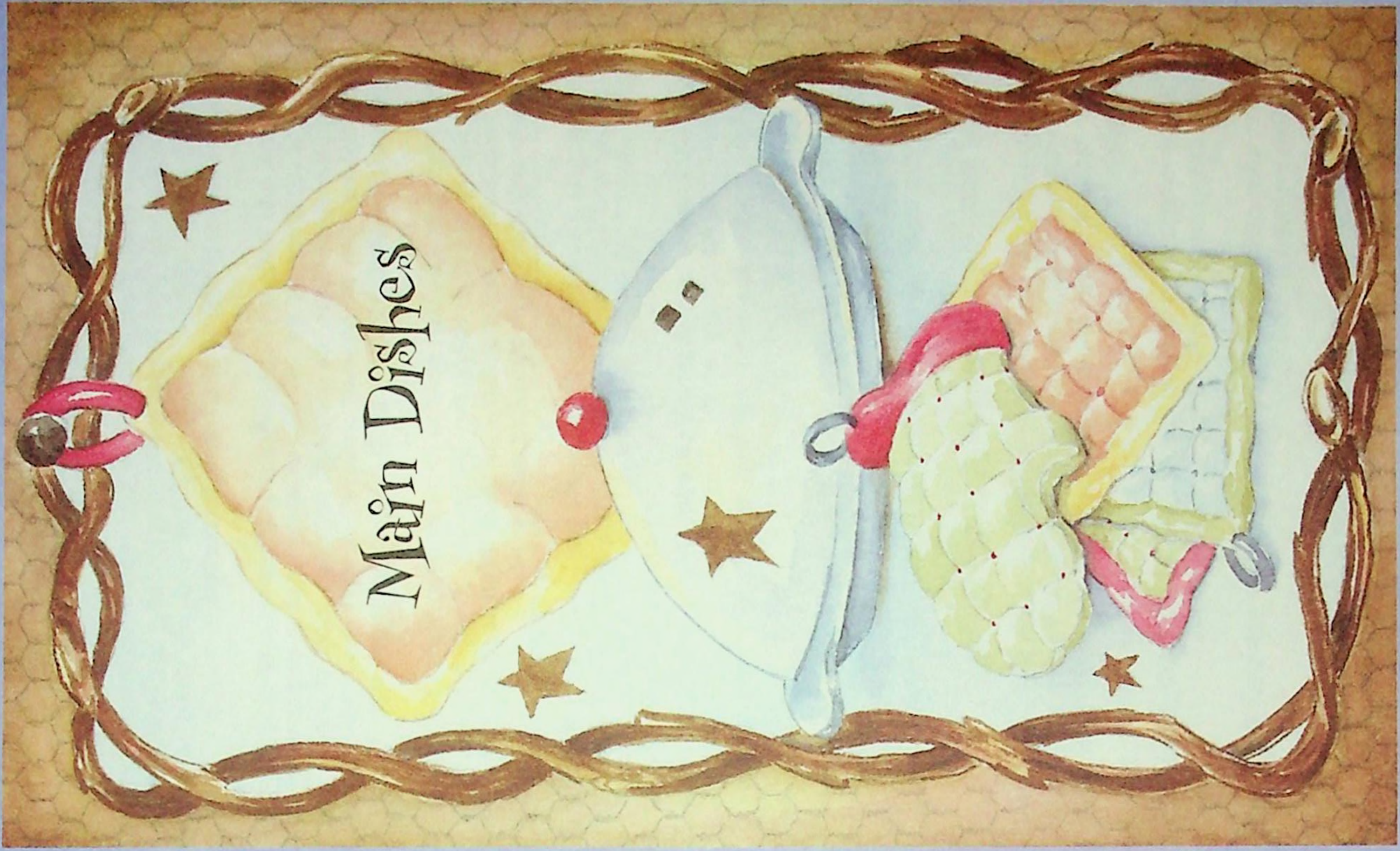
2 or 3 turnips
1 tsp. sugar
Salt
Pepper
2 T. flour
1/2 c. milk
1/2 c. processed American cheese, cubed

Peel and cut up in cubes the turnips. Will be about 3 to 4 cups cut up. Put in medium-sized saucepan and just cover with water. Add sugar and salt and pepper; cook until soft. Drain water. Make a thickening of flour and milk in a small bowl. Mash turnips and add thickening; cook over medium heat in saucepan until bubbly, stirring constantly. Add cheese; continue stirring until cheese is melted. Depending on how strong the turnips are, you may want to add more sugar after they are cooked. The cheese may also be omitted if you prefer. Serves 6.

Recipe Note: The boys came up with the name of smashed when I made them and it just stuck.

Recipe Favorites

65153-05


Main Dishes

Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.

- When trying to reduce your fat intake, buy the leanest cuts you can find. Fat will show up as an opaque white coating or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well-marbled cuts of meat.

- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for about 20 minutes, and you'll have succulent, tender meat.

- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.

- It's easier to thinly slice meat if it's partially frozen.

- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.

- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.

- When frying meat, sprinkle paprika over it to turn it golden brown.

- Thaw all meats in the refrigerator for maximum safety.

- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.

- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.

- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.

- Scaling a fish is easier if vinegar is rubbed on the scales first.

MAIN DISHES

Basil Cream Chicken

12-5-07
no basil - really good

4 boneless skinless chicken breasts, cubed
½ c. onions, chopped
2 (4-oz.) cans sliced mushrooms, drained
⅓ c. margarine
⅓ c. flour
1 T. chicken soup base flavoring
4 c. milk
8 oz. cream cheese, cubed
½ c. grated Parmesan cheese
½ tsp. salt
1 tsp. basil
8 oz. spaghetti or fettuccine

In a skillet sauté chicken breasts until done. I usually marinate breasts before cooking with Italian dressing for several hours or overnight; set aside. In a large saucepan melt margarine, add onions and sauté a couple of minutes. Stir in flour and salt until smooth. Add soup base flavoring and milk; stir and cook until thickened. Add cream cheese and Parmesan cheese; stir until melted and smooth. Add mushrooms. In another large saucepan cook spaghetti until done; drain. In a 9 x 13 x 2-inch baking dish spray with nonstick cooking spray. Pour spaghetti in, layer over the spaghetti the cooked chicken. Pour cream sauce over all. Cover and bake about 30 minutes or until hot and bubbly. Serves 8. 350°

Recipe Note: I won second place in a main dish category with this recipe in a national farm publication magazine.

Baked or Fried Turkey

1 turkey (fresh or frozen & thawed)
1 med. onion, sliced
3 or 4 ribs of celery
Salt
Pepper
Marinating sauce, your choice (opt.)
Oven turkey bag

Gravy:

Broth from turkey
½ c. flour
2 tsp. chicken bouillon
Salt
Pepper

Unwrap turkey. Look under flap of skin around neck and remove package of giblets. Take giblets out of bag and rinse off with water. Rinse off turkey with water. If using injectable marinade, inject breast and thigh areas of turkey. Season turkey with salt and pepper or other seasonings. Cut ribs of celery about 3 or 4 inches long and place inside of turkey with onion. If baking turkey, place in oven turkey bag and tie shut. You can also put giblets in bag now. Place turkey in large roaster. Cut 6 slices about ½ inch long in top of bag. Cook in oven at 325° for appropriate length of time for weight. For a 20-pound turkey, I cook it about 5 hours. For frying turkey: After seasoning turkey put turkey on holder and immerse in hot oil in turkey fryer. Cook for specified time as stated in directions. Do not put celery or onion in turkey if frying. Make gravy with broth cooked from turkey. Mix about ½ cup flour with about 2 cups of cold water and whisk until smooth. Drain about 4 cups of broth from cooked turkey and bring to a boil. I add about 2 teaspoons of chicken bouillon to broth. Whisk flour mixture into boiling broth and stir until mixture comes to a boil. Continue cooking and stirring for a couple of minutes. Hopefully, it will be about the right consistency. If not, you may have to add either more flour mixture or broth to make it come out right. Season with salt or pepper. Serve turkey deboned and sliced. Serves 15.

65153-05

10-29-07
Good

Chicken & Rice

1 fryer, cut up
2 c. Minute Rice
½ c. margarine
1 can cream of ~~margarine~~ mushroom soup
1 can cream of chicken soup
1 can milk
1 pkg. onion soup mix (dry)
(or ½ c dried onion)

Melt margarine in a 9 x 13-inch pan. Sprinkle rice in pan. Place chicken over rice. I remove skin from chicken. In a bowl combine soups and milk; stir well. Pour over chicken and sprinkle dry onion soup over all. Bake at 325° to 350° for 1 ½ to 2 hours. Serves 6.

added frozen broccoli
used 2 8" pans

10-7-11 Good
½ recipe for 8" pan

Chicken Chalupas

6 flour tortillas, cut into pieces
4 c. chicken, cooked & cut in pieces
1 can cream of mushroom soup
1 can cream of chicken soup
⅔ c. milk
1 sm. can diced green chilies
½ c. onion, chopped
1 c. sour cream
1 c. chicken broth
1 lb. cheddar cheese or part mozzarella, grated

Mix together the chicken, soups, milk, chilies, onion, sour cream, broth. In a 9 x 13-inch pan layer one-third of the chicken mixture, then one-half of the tortillas, one-third of the cheese. Repeat layers, ending with chicken layer topped with some cheese. Bake at 350° for 30 to 45 minutes. Serves 10.

Cookies & Candy
Desserts

Chicken Chili Lasagna

8 oz. cream cheese, softened
1 med. onion, chopped
8 green onions, chopped
2 c. shredded Mexican-cheese blend, divided
2 garlic cloves, minced
3/4 tsp. cumin, divided
1/2 tsp. minced fresh cilantro or parsley
3 c. cubed cooked chicken
1/4 c. margarine
1/4 c. flour
1 1/2 c. chicken broth
1 c. shredded Monterey Jack cheese
1 c. sour cream
1 (4-oz.) can chopped green chilies
1/8 tsp. thyme
1/8 tsp. salt
1/8 tsp. pepper
12 flour tortillas (6 in.), halved

In a mixing bowl combine cream cheese, onions, 1 1/2 cups Mexican-cheese blend, garlic, 1/4 teaspoon cumin and cilantro. Stir in chicken; set aside. In a saucepan melt margarine. Stir in flour until smooth. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir in Monterey Jack cheese, sour cream, chilies, thyme, salt, pepper and remaining cumin. Spread 1/2 cup of the cheese sauce in a greased 9 x 13 x 2-inch baking dish. Top with 6 tortilla halves, a third of the chicken mixture and a fourth of the cheese sauce. Repeat tortilla, chicken and cheese sauce layers twice. Top with remaining tortillas, cheese sauce and Mexican cheese. Cover and bake at 350° for 30 minutes or until heated through. Serves 12.

65153-05

Chicken Divan

2 (10-oz.) pkg. chopped broccoli (fresh)
1 can cream of chicken soup
½ tsp. curry powder
1 (8-oz.) ctn. sour cream
4 whole chicken breasts, skinned
1 to 2 c. sharp cheddar cheese
1 to 2 c. Pepperidge Farm herbed stuffing mix (dry)
2 T. margarine, melted

Cook broccoli, drain and place in bottom of a 9 x 13-inch pan. In a medium bowl combine chicken, soup, sour cream and curry powder; mix well; set aside. Cook chicken breast in water until done; chop into bite-sized pieces. Spread sour cream mixture over broccoli; sprinkle chicken pieces over sour cream. Cover with cheddar cheese; top with stuffing mix and drizzle margarine over top. Bake at 350° for about 30 minutes, covered with aluminum foil. Serves 6.

4-6-08 really good

CHICKEN ENCHILADAS

3 c. shredded cheddar cheese, divided
2 c. mozzarella cheese, shredded
2 c. chopped cooked chicken
2 c. sour cream
1 (10¾-oz.) can condensed cream of chicken soup
1 (4-oz.) can chopped green chilies or 2 oz jalapenos
2 T. finely chopped onion
¼ tsp. pepper
10 flour tortillas (8 in.), warmed

Sauce (opt.):

¼ c. margarine
¼ c. flour
1 c. chicken broth
1 c. milk
Salt & pepper to taste

In a large bowl combine 2 cups cheddar cheese, mozzarella cheese, chicken, sour cream, soup, chilies, onion, pepper. Spoon about ½ cup of mixture on each tortilla; roll up. Place seam side down in a greased 9 x 13-inch baking dish. Cover and bake at 350° for 20 minutes. Uncover; sprinkle with remaining cheese and bake 5 minutes longer or until cheese is melted. If you prefer, before baking add sauce on tortillas, cover and bake about 30 minutes. Add remaining cheese and bake about cheese is melted. Serves 8.

65153-05

Creamy Chicken Enchiladas

1 T. margarine
1 c. chopped onion
1 garlic clove, minced
3 c. cooked cubed chicken breast
2 (4-oz.) cans mild diced green chiles
½ c. sour cream
½ tsp. salt, divided
9 to 10 flour tortillas

White Sauce:

2 T. butter
2 T. flour
2 c. milk
4 oz. cream cheese, diced
1 to 2 c. mozzarella or Monterey cheese, shredded
¼ c. grated Parmesan cheese

In a skillet or microwave sauté onions and garlic in margarine until tender; add green chilies, diced chicken and sour cream and ¼ teaspoon salt; stir well. Set aside. **White Sauce:** Melt butter in a medium saucepan and stir in flour until bubbly. Add milk and stir until thickened and bubbly. Add cream cheese and remaining salt and stir until smooth. To assemble dish, place about ¼ cup of chicken mixture down the center of each softened tortilla. Roll and place seam-side down in a 9 x 13-inch baking dish first sprayed with nonstick cooking spray. Pour white sauce over tortillas; sprinkle with mozzarella cheese, then Parmesan cheese. Bake, uncovered, about 40 minutes. Serves 6.

Turkey or Chicken Pepper Kabobs

1 (8-oz.) can unsweetened pineapple chunks
1/4 c. brown sugar
2 T. canola oil
2 T. Worcestershire sauce
1 garlic clove, minced
1 tsp. prepared mustard
1 lb. turkey tenderloin, cut into 1-in. cubes
1 lg. sweet onion, cut into 3/4-in. pieces
1 lg. green pepper, cut into 1-in. pieces
8 oz. whole fresh mushrooms
1 sm. zucchini, cut into 1-in. slices

Drain pineapple, reserving 1/4 cup juice (save remaining juice for another use). In a bowl combine the reserved pineapple juice, brown sugar, oil, Worcestershire sauce, garlic and mustard; mix well. Pour 1/3 cup into a large resealable plastic bag; add the turkey. Seal bag and turn to coat; refrigerate for 2 to 3 hours. Cover and refrigerate remaining marinade. Drain and discard marinade from turkey. On metal skewers or soaked wooden skewers, alternately thread vegetables, turkey and pineapple. Grill over medium heat for 4 to 5 minutes on each side or until meat is no longer pink, turning 3 times and basting frequently with reserved marinade. Serves 4.

Grilled Wild Turkey Breast

1 wild turkey breast
Teriyaki & honey marinade
Italian dressing

Go shoot a wild turkey. Be sure to have hunting license and be in season. Clean and dress turkey. Cut breast out of turkey; save rest of turkey for another time. Inject teriyaki marinade into breast. In marinade container place breast and cover with Italian dressing. Place in refrigerator for overnight. Cut breast into slices and grill over medium heat until done. Serves 5.

65153-05

Baked Steak

2 lbs. round steak, trimmed
3/4 c. flour
1 tsp. onion powder
1 tsp. garlic salt
1 tsp. pepper
1/2 tsp. salt
2 cans cream of mushroom soup
1 soup can of milk
1 (4-oz.) can sliced mushrooms

Combine the flour, onion powder, garlic salt, salt and pepper. Cut steak into serving-size pieces, dredge in the flour mixture. I also use tenderized steak. In a skillet brown steak in oil. Drain and place in a casserole dish. Combine mushroom soup, milk and mushrooms and pour over the meat. Cover and bake at 350° for 1 1/2 hours or until meat is tender. Serves 6.

Bar-B-Cups

3/4 lb. ground beef
1/2 c. BBQ sauce
1 T. minced onion
2 T. brown sugar
1 (8-oz.) can refrigerated biscuits
3/4 c. shredded cheddar cheese

Brown beef and drain. Add sauce, onion and sugar. Separate biscuits and place in each of 12 muffin cups, pressing dough to sides of cups. Spoon mixture into cups and sprinkle with cheese. Bake at 400° for 10 to 12 minutes or until golden brown. Serves 12.

Recipe Note: This was a recipe that I made as a young girl.

Bar-B-Qued Beef Brisket

5-lb. beef brisket
1 ½ oz. liquid smoke
Dry mustard
Celery salt
Garlic salt
Onion salt
Paprika
Nutmeg (lightly sprinkle)
Salt
Pepper
Worcestershire sauce
Barbecue sauce

Pour liquid smoke over brisket in a large pan. Sprinkle on both sides with dry mustard, celery, garlic and onion salt, paprika and nutmeg. Wrap in aluminum foil and refrigerate overnight or up to 48 hours. In the morning, sprinkle with salt and pepper, Worcestershire sauce and bake fat side up, wrapped in foil. Bake for 6 hours at 275°. Uncover and pour barbecue sauce over top, cover and bake for an additional hour. Let cool in own juices. Serve warm or cold. Slice thin across grain of meat. Serves 8.

Barbecue Meatballs

3 lbs. hamburger
1 (12-oz.) can evaporated milk
1 onion, chopped
2 c. quick-cooking oats
2 eggs, beaten
½ tsp. garlic powder
½ tsp. pepper
2 tsp. salt
1 ½ tsp. chili powder

Sauce:

2 c. ketchup
1 ½ c. brown sugar
1 T. liquid smoke
½ tsp. garlic powder
½ c. onion, chopped

Mix the hamburger, milk, onion, oats, eggs, garlic powder, pepper, salt and chili powder all together and then shape into 2-inch balls. Place them in a baking dish. In a bowl combine the ketchup, brown sugar, liquid smoke, garlic powder and onion together and pour over the meatballs. Bake at 350° for 1 hour. Serves 15.

Recipe Note: I will sometimes also freeze the meatballs before baking them, and keep them on hand to use later. It is a quick easy meal when you are in a hurry.

65153-05

Bierocks

10-05-07 Try adding sour cream or sauerkraut

2 lbs. hamburger
2 lbs. shredded cabbage, medium head
$^2/_3$ c. chopped onion
2 tsp. salt
2 tsp. pepper
2 T. mustard
4 or 5 slices American cheese
2 pkgs. Rhodes Texas size rolls

Brown hamburger and onion until done. Add salt, pepper, mustard and shredded cabbage and cook for 5 minutes. Last, add cheese and stir until cheese dissolves. Thaw rolls and flatten to about 5-inch diameter circle. You may also use your favorite sweet roll dough instead, but the frozen rolls are easier! Put about $^1/_3$ cup of meat mixture on flattened bun and pinch shut real good. Put on greased baking sheet and let rise a few minutes. Bake pinched side down about 20 minutes at 375° or until brown. The bierocks may also be frozen after being baked and eaten later. Serves 20.

Enchilada Casserole

2 lbs. ground beef
1 c. onion, chopped
2 cloves garlic, minced
1 (10¾-oz.) can condensed cream of chicken soup
1 (10¾-oz.) can condensed cream of mushroom soup
1 (10-oz.) can enchilada sauce
1 c. milk
1 c. sliced black olives
1 (4-oz.) can chopped green chilies
1 tsp. cumin
6 corn or flour tortillas, cut up
3 c. shredded Monterey Jack cheese or combination of cheddar

In a 4-quart Dutch oven over medium-high heat, cook ground beef, onions and garlic until meat is browned. Drain fat. Stir in soups, enchilada sauce, milk, olives, chilies and cumin. Bring to a boil. Remove from heat and set aside. Spread ¼ of the sauce in a 9 x 13-inch pan, then layer ⅓ of the tortillas, ¼ of the sauce and ⅓ of the cheese. Repeat these 3 layers twice more, ending with cheese. Cover with foil. Bake in a 350° oven for 30 minutes. Remove foil. Bake 20 minutes more or until hot and bubbly. Serves 8.

Recipe Note: This is a favorite dish with the men, especially at harvest time.

Glorified Hamburgers

2 lbs. ground beef
¼ to ½ c. chopped onion
1 tsp. seasoned salt
2 tsp. Worcestershire sauce
1 (4-oz.) can sliced mushrooms, drained
½ tsp. pepper
1 egg
¼ c. ketchup

Mix all ingredients together in a large bowl. Form into 8 patties. Grill over high heat until done. Serve with cheese slices, pickles, mustard, ketchup or barbecue sauce on buns. Serves 8.

65153-05

Goulash

1 lb. ground beef
1 med. onion, chopped
2 c. elbow macaroni
1 qt. tomatoes
1 c. shredded cheese

In skillet brown hamburger and onion; drain grease. In large saucepan with boiling water, add macaroni and boil until tender; drain. Add macaroni and tomatoes to hamburger and cook for a few minutes. Add salt and pepper to taste. Just before serving, add cheese and stir until melted. May top with extra cheese before serving. Serves 6.

Meat loaf

2 eggs
3/4 c. milk
2/3 c. quick oatmeal or finely crushed saltines
1/2 c. onions, chopped
1 c. shredded mozzarella cheese
1/2 tsp. sage
1 tsp. salt
1/2 tsp. pepper
1 tsp. Worcestershire sauce
2 lbs. lean ground beef

Sauce:

1/2 c. ketchup
1/2 c. brown sugar
1 tsp. mustard

In large bowl beat eggs. Add the milk, oatmeal or saltine crackers, onions, cheese, sage, salt, pepper and Worcestershire sauce; stir together. Add ground beef and mix well but lightly. Shape into a loaf and place in a 9 x 13-inch baking pan. Combine sauce ingredients together and put about a spoonful over loaf. Bake for about 30 minutes and cover meat with the rest of the sauce. Continue baking for another 30 to 45 minutes or until done. Serves 6.

Poor man's steak

3 lbs. hamburger
1 c. cracker crumbs
1 c. milk
1 can mushroom soup
Salt & pepper to taste
1 onion, chopped

Mix hamburger, cracker crumbs, milk, onion, salt and pepper and press in a 9 x 13-inch baking pan. Refrigerate overnight. Cover with mushroom soup, cut into squares and bake for 1 hour at 350°. Serves 12.

Roast beef

5-lb. beef chuck roast
1 lg. onion, sliced
Carrots, peeled
1 bay leaf
Canadian steak seasoning or salt & pepper
1 T. beef bouillon
½ to 1 c. water

In crockpot or slow cooker put water, bouillon, bay leaf, onions and carrots. Place roast over all and season. If you don't have the steak seasoning, use salt, pepper and garlic salt. Cover and set on low for 10 to 12 hours. Remove broth to make gravy, if desired. Slice meat and serve. You can also add potatoes when cooking. Be sure to put meat on top of them before cooking. Serves 8.

Roll-up round steak

Round steak
Mustard
Bacon
Dried onion soup mix
1 can condensed cream of mushroom soup

Amount needed to use according to your taste. Pound or tenderize a round steak. Spread yellow mustard over the top of the steak. Put strips of bacon on the top of the mustard. Sprinkle a package of onion soup on top of bacon. Roll up the steak like a jellyroll. Place on heavy foil and cover with the mushroom soup. Wrap the foil tightly around the meat. Place the meat roll in a pan and bake at 350° for 2 to 2½ hours. Can use the mushroom drippings to make gravy. Serves 8.

65153-05

Salisbury Steak

2 lbs. ground beef
2 c. finely crushed cracker crumbs
2 eggs
1/2 c. ketchup
1/4 c. chopped onion
1 tsp. salt
1/2 tsp. pepper
2 T. parsley
1 tsp. Worcestershire sauce
1/2 tsp. nutmeg
2 cans cream of mushroom soup
1 3/4 c. milk

In large bowl mix cracker crumbs, eggs, ketchup, onion, salt, pepper, parsley, Worcestershire sauce, nutmeg. Add ground beef and mix well. Shape into 8 patties and place into 9 x 13-inch baking pan. In another bowl mix soup and milk and then pour over patties. Bake in 350° oven for an hour or more until done. You may use either snack butter crackers or saltines. Serves 8.

Sloppy Joes

3 lbs. ground beef
1 (10 3/4-oz.) can tomato soup
1/2 c. ketchup
1/2 c. water
2 T. instant minced onion
1/2 tsp. chili powder
2 to 3 T. brown sugar
1 tsp. liquid smoke
1 T. vinegar
Salt
Pepper

Brown ground beef and drain fat. Add remaining ingredients and simmer for 1 hour or so. Add seasonings according to taste. Serve on hamburger buns. Serves 10.

Tater tot casserole

2 lbs. hamburger
½ onion, chopped
1 qt. green beans or peas
1 can cream of mushroom soup
6 slices of American cheese
½ tsp. salt
½ tsp. pepper
1 ½ lbs. Tater Tots

Brown hamburger and onion; drain grease. Add green beans, soup and salt and pepper. May need to add a little milk if too thick. Put in a 9 x 13-inch pan. Arrange cheese slices on top. Top with Tater Tots and bake at 350° for about an hour. Serves 8.

Yum yum casserole

12-18-12
yum

2 lbs. ground beef
1 med. onion, chopped
1 can cream of mushroom soup
1 can cream of chicken soup
½ c. long grain rice
1 c. celery, chopped
1 ½ c. water
4 T. soy sauce
1 c. chow mein noodles

In skillet fry hamburger and onion together until browned; drain fat. Add the rest of the ingredients except noodles and stir together. Pour into a greased 9 x 13-inch pan or large casserole dish and bake for 1 hour at 350°. Place noodles on top and bake for 20 minutes more. Serves 6.

Recipe Note: This is an easy casserole to make. Recipe came from my mother-in-law.

65153-05

Asparagus lasagna

2 lbs. fresh asparagus
2 garlic cloves, minced
1/2 tsp. dried thyme
6 T. margarine
1/3 c. flour
3 c. milk
1/4 tsp. salt
1/4 tsp. pepper
1 c. sour cream
8 lasagna noodles, cooked & drained
2 to 3 c. shredded mozzarella cheese
2 to 3 c. diced cooked ham

Wash and cut asparagus in 2-inch pieces and cook until crisp-tender, about 6 to 8 minutes; drain and set aside. In saucepan over medium heat sauté garlic and thyme in margarine. Stir in flour, salt and pepper; whisk in milk. Cook and stir until thickened. Remove from heat and stir in sour cream. In a greased 9 x 13-inch baking pan layer 4 noodles, then half of the asparagus, ham and one-third of the cheese. Cover with 1/2 of the white sauce. Repeat layers, ending with white sauce. Top with cheese. Bake, covered, at 350° for 30 to 45 minutes or until heated through. Serves 8.

Ham loaf

1-23-08

2 lbs. ground ham (4 c)
2 lbs. ground pork hamburger
2 eggs
1 c. cracker crumbs, crushed
3/4 c. milk
1 chopped onion
1/4 tsp. pepper

Pineapple Sauce:

1 (8-oz.) can crushed pineapple
1 c. brown sugar
1 tsp. dry mustard
1/4 tsp. cloves
1/4 c. vinegar

In mixing bowl combine eggs, cracker crumbs, milk, onion and pepper. Add meat and mix well. Place in 9 x 13-inch baking pan and shape in loaf. Pour pineapple sauce over loaf and bake in 350° oven for about 1 1/2 hours. **Pineapple Sauce:** Combine all ingredients in small saucepan and heat to dissolve sugar. Pour over ham loaf. Serves 10.

sauce runny + burned on bottom of pan around meat. Next time use loaf pans

Lasagne

1.5 to 2 lbs. sausage
1 tsp. instant minced garlic
1 T. whole basil
1 T. Italian seasoning
1 tsp. sugar
1 tsp. salt
1 qt. cut-up tomatoes
2 (6-oz.) cans tomato paste
10 lasagne noodles
2 eggs
3 c. ricotta or cottage cheese
½ c. grated Parmesan cheese
2 T. parsley flakes
½ tsp. salt
½ tsp. pepper
1 lb. mozzarella cheese, sliced thin or grated (about 3 to 4 c.)

Brown meat slowly; spoon off excess fat. Add garlic, basil, Italian seasoning, sugar, 1 teaspoon salt, tomatoes and tomato paste. Simmer, uncovered, 30 minutes, stirring occasionally. Cook noodles in large amount of boiling salted water until tender; drain, rinse. Beat eggs. Add remaining ingredients except mozzarella. Layer half of the noodles in 13 x 9 x 2-inch baking dish; spread with half the ricotta filling. Add half the mozzarella cheese and half the meat sauce. Repeat. Bake at 375° about 30 minutes (or assemble early and refrigerate; bake 45 minutes). Let stand 10 minutes before serving. Serves 8 to 10.

65153-05

Mexican breakfast wraps

1 lb. bulk sausage
1 med. onion, chopped
1 (4-oz.) can diced green chilies
12 lg. eggs
1/3 c. milk
1/2 tsp. salt
1/2 tsp. pepper
2 c. shredded cheddar cheese
12 flour tortillas (10-in.)

In skillet brown together the sausage and onion. Drain fat. Stir in chilies. In a separate bowl beat together the eggs, milk, salt and pepper. Pour eggs into meat mixture in frying pan; stir, scraping pan bottom often, until eggs are set, but not dry. Lay tortillas flat and spread about 1/3 cup of meat and egg mixture across center of tortilla. Sprinkle with some cheese. Roll up and place in 9 x 13-inch pan. Repeat with all tortillas. Cover pan with foil and bake about 15 to 20 minutes until cheese is melted. Serve with salsa. I will also freeze some wraps. After rolling up tortilla, I wrap with plastic wrap and place in plastic bag and freeze. They can be microwaved with plastic wrap on for about 1 minute and ready to eat. Serves 12.

Omelets made campfire way

6 eggs
1 c. diced summer sausage
1/2 c. chopped green peppers
1/2 c. chopped onion
1 c. shredded cheddar cheese
Salt
Pepper
Vegetable oil spray

Have campfire going with good hot coals. Use a pie iron, heat a few minutes in the fire and remove from fire and spray with vegetable oil spray. Break egg in iron and break yolk; add 1 to 2 tablespoons of green pepper, onion and summer sausage each. Sprinkle with about 2 tablespoons of cheese and stir together a little with a fork. Cook over hot coals for a few minutes until done. Length will vary on how hot the fire is. Remove from pie iron; season with salt and pepper. You can also use ham instead of summer sausage. Serves 6.

Pups in Blankets

16 frankfurters
1 lb. cheddar cheese
16 buttered frankfurter buns
16 slices bacon or thin ham

Cut wieners lengthwise part way. Cut cheese in long strips and put in wieners. Press together and wrap width bacon, fastening ends with toothpicks. Roast on grill until bacon is crisp and heated through. Serve on toasted buns. Serves 8.

Recipe Note: This recipe is one that I got when I was in 4-H.

Sausage Casserole

1 c. elbow macaroni
1 lb. bulk pork sausage
1 med. onion, chopped
1 (14.5-oz.) can diced tomatoes
3 T. margarine
4 T. flour
1/4 tsp. pepper
1 c. milk
1 c. shredded cheese (cheddar, Jack or mozzarella)

Cook macaroni according to package directions. Drain and set aside. In large skillet cook sausage and onion until browned. Drain off fat. Stir in tomatoes; set aside. In large saucepan melt margarine; stir in flour and pepper. Add milk all at once and cook and stir until thick and bubbly. Stir meat mixture and macaroni into white sauce. Transfer mixture into an ungreased 9 x 13-inch baking pan. Sprinkle top with cheese. Bake, uncovered, in 350° oven about 30 minutes until bubbly. Serves 6.

65153-05

Sausage-egg casserole

1 lb. bulk sausage
4 hard-boiled eggs
1/4 c. margarine
1/4 c. flour
2 c. milk
1 can (2 c.) whole-kernel corn, drained
1 c. soft bread crumbs

Cook sausage; drain fat. Slice 2 eggs into a 1 1/2-quart casserole dish. In saucepan melt margarine; blend in flour. Add milk all at once. Cook, stirring constantly until mixture boils. Stir sausage and corn into sauce; pour over eggs. Slice remaining eggs, arrange on top of mixture. Sprinkle with crumbs and bake at 375° for 30 minutes or until heated through. Serves 6.

Verenika casserole

1-18-08 - Good

4 c. cooked noodles
1 (24-oz.) ctn. cottage cheese
2 eggs
1/2 tsp. salt
1/4 tsp. pepper
3 to 4 c. cooked diced ham
1/4 c. margarine
1/4 c. flour
1/2 tsp. salt
2 c. milk
1 1/2 c. sour cream

Mix cottage cheese, eggs, 1/2 teaspoon salt and pepper together in bowl; set aside. In skillet melt margarine. Add flour and salt, stirring, then add milk; stir until thick and bubbly. Remove from heat; add sour cream. In 9 x 13-inch baking layer 1/2 of noodles, then 1/2 cottage cheese mixture, then 1/2 of ham, then 1/2 of gravy. Repeat layers, ending with gravy. Bake at 350°, covered with foil, for 45 minutes or until done. Serves 6.

a little dry - next time 2 1/2 c - 3 c milk

Baked Fish

Fish fillets ($^3/_4$ to 1 in. thick)
$^3/_4$ c. sour cream
$^1/_4$ c. fine dry bread crumbs
$^1/_4$ tsp. garlic salt
1 $^1/_2$ T. chopped chives
$^1/_3$ c. grated Parmesan cheese
1 tsp. paprika

Put fish fillets in greased shallow pan, season with salt and pepper. Combine sour cream, bread crumbs, garlic salt and chives and spread mixture over fish. Sprinkle with Parmesan cheese and paprika. Bake, uncovered, about 10 minutes at 400° or until fish flakes easily. Serves 6.

Recipe Note: I got this recipe from a lady in Texas on a fishing trip. We used it with shark meat and it tasted great.

Crispy Catfish

1 $^1/_2$ c. finely crushed saltine crackers
1 tsp. seasoned salt
$^1/_2$ tsp. celery salt
$^1/_2$ tsp. garlic salt
2 tsp. lemon-pepper seasoning, divided
$^1/_4$ tsp. Cajun seasoning
2 eggs, beaten
6 catfish fillets
Vegetable oil, for frying

In shallow dish combine cracker crumbs, seasoned salt, celery and garlic salt, Cajun seasoning and 1 teaspoon lemon-pepper seasoning. In another shallow dish combine eggs and remaining 1 teaspoon lemon-pepper seasoning. Put fillets dry with paper towels and dip in egg mixture, then in cracker crumbs. Fry fillets in $^1/_4$ inch hot oil in skillet until fish flakes easily with fork. Serves 6.

65153-05

Deer steak

Venison steaks
Worcestershire sauce
Soy sauce
Canadian steak seasoning

I have my steaks cut about 3/4 to 1 inch thick. Amount of servings can vary to what you need. In a marinating container place steaks. Sprinkle soy sauce and Worcestershire sauce over steaks. Then liberally sprinkle steak seasoning over sauce. Cover and refrigerate for 1 to 2 days. Grill over high heat until desired doneness. Serves 6.

Recipe Note: My family likes deer steaks almost better than beef.

Slow-cooked goose

1/2 c. soy sauce
4 tsp. vegetable oil
4 tsp. lemon juice
2 tsp. Worcestershire sauce
1 tsp. garlic powder
2 lbs. cubed goose breast
1 c. flour
1/4 c. margarine
1 (10 3/4-oz.) can condensed cream of mushroom soup
1 1/3 c. water
1 env. onion soup mix

Combine the soy sauce, oil, lemon juice, Worcestershire sauce and garlic powder in Ziploc plastic bag; add goose. Seal and turn to coat. Refrigerate for 4 hours or overnight. Drain and discard marinade. Place flour in another large resealable plastic bag; add goose in batches and shake to coat. In a large skillet over medium heat, melt margarine. Brown goose on all sides. Transfer to a slow cooker. Add soup, water and soup mix. Cover and cook on high for 4 to 5 hours or until meat is tender. Serve over potatoes, noodles or rice. Serves 5.

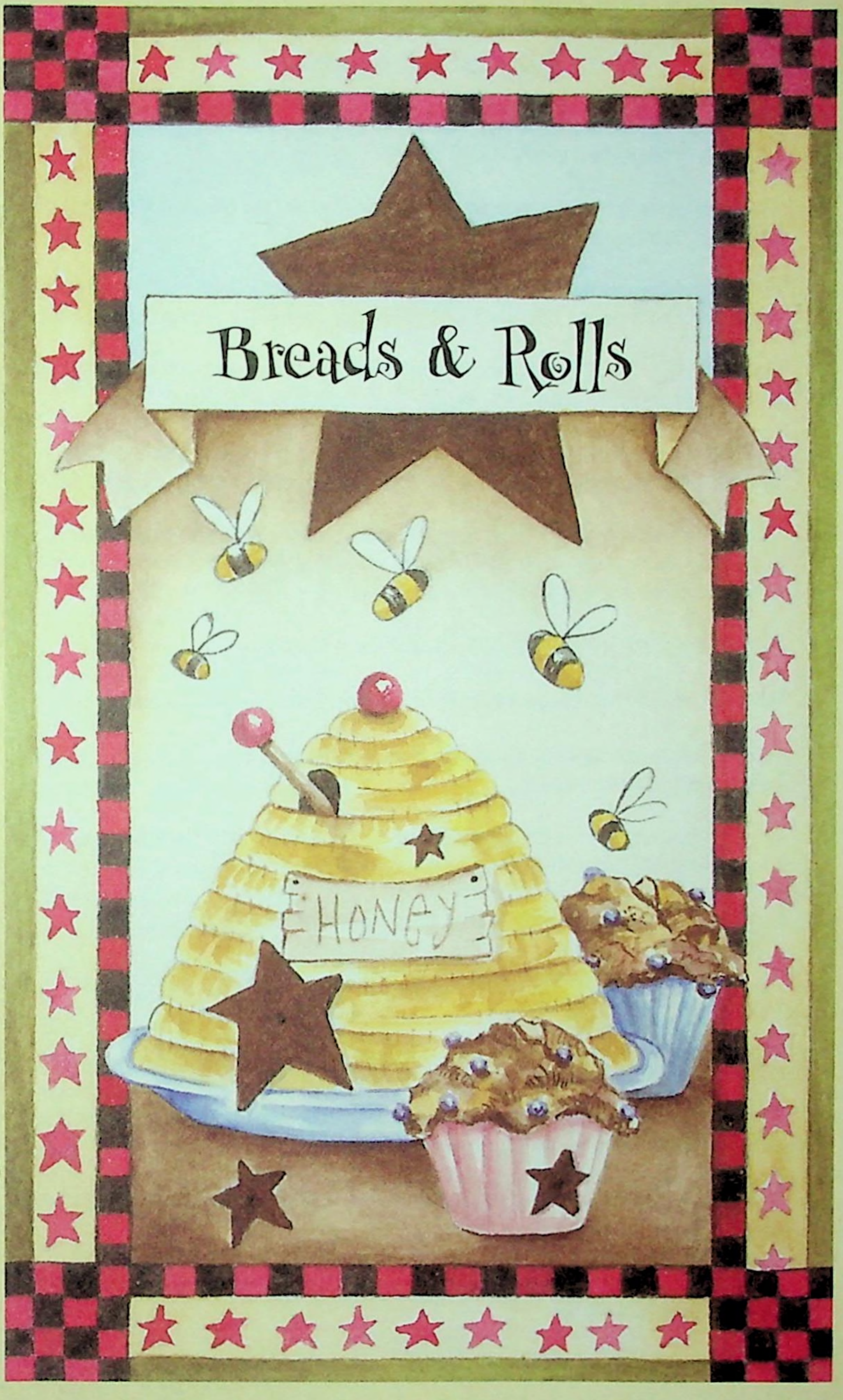
Stuffed venison heart

1 or 2 venison hearts
½ c. water or tomato juice
1 tsp. beef bouillon granules
4 or 5 slices bacon
1 med. onion
1 (4-oz.) can sliced mushrooms

Clean and slice open heart. May also use beef heart. In crockpot put in water and bouillon; set aside. In microwave or on stove, fry bacon that has been cut into pieces. Add onion and mushrooms and fry until onion is tender. Drain grease. Lay heart in crockpot. Place bacon, onion and mushrooms in heart. Cook on low heat for 10 to 12 hours. To serve, slice heart and add bacon mixture. Serves 6.

Recipe Favorites

65153-05


Breads & Rolls
HONEY

Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should not be used because they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.
- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.

BREADS & ROLLS

Apple Pull-Apart Bread

1 pkg. active dry yeast
1 c. warm milk (110° to 115°)
1/2 c. butter or margarine, melted, divided
1 egg
2/3 c. + 2 T. sugar, divided
1 tsp. salt
3 1/4 c. flour
1 med. tart apple, peeled & chopped
1/2 c. chopped pecans
1 tsp. cinnamon

Icing:

1 c. powdered sugar
3 to 4 1/2 tsp. hot water
1/2 tsp. vanilla extract

In bread machine put first 7 ingredients in as directed by manufacturer. Select dough-pasta cycle. Meanwhile, combine apple, pecans, cinnamon and remaining sugar; set aside. When cycle is completed, remove dough and divide in half. Cut each half into 16 pieces. On a lightly floured surface, pat or roll out each piece into a 2 1/2-inch circle. Place 1 teaspoon of apple mixture in center of circle; pinch edges together and seal, forming a ball. Dip in remaining butter. In a greased 10-inch tube pan place 16 balls, seam side down; sprinkle with 1/4 cup apple mixture. Layer with remaining balls; sprinkle evenly with remaining apple mixture. Cover and let rise until nearly doubled, about 45 minutes. Bake at 350° for 35 to 40 minutes or until golden brown. Cool for 10 minutes; remove from pan to a wire rack. Combine icing ingredients; drizzle over bread. Serves 10.

AUNT HELEN'S ZWIEBACK

2 c. milk
1 c. margarine
1 c. water (warm)
2 pkgs. yeast
2 T. sugar
1 T. salt
4 T. sugar
2 eggs
8 to 9 c. flour

Heat milk and margarine together in saucepan or microwave. In another small bowl combine water yeast and 2 tablespoon sugar and stir until yeast dissolves. In large mixing bowl combine salt, 4 tablespoons sugar and heated milk and margarine. Add yeast mixture and stir together. Add about 3 cups of flour. Stir until smooth and add eggs; beat well. Continue to add flour, 1 cup at a time, mixing after each addition until you have a soft dough. Knead until smooth. Spray large bowl with vegetable oil spray and put dough in bowl, turn over dough so that top side has been covered. Cover bowl with towel and let rise in warm place for about 1 hour. Punch down dough and let rise again for about 30 minutes. Spray cookie sheets with vegetable oil spray. Punch down dough and pinch off pieces of dough about the size of walnuts and put on cookie sheets. Let rise until double. Put a ball of dough on another ball so that they are doubled. May also be left as singles. Bake at 350° for about 15 to 20 minutes until golden brown. Remove from cookie sheets and let cool. To make sugared zwieback (which are wonderful) use this recipe. Pinch off dough the size of walnuts and lay in bread pan touching each other in a single layer. Let rise until doubled, then pour over the rolls in a mixture of about 1 cup cream, ½ cup sugar and ½ to 1 teaspoon cinnamon. Bake about 20 minutes at 350°. Invert pan on serving dish when done and enjoy. Serves 20.

Recipe Note: This recipe comes from my Aunt Helen Janzen. Aunt Helen always brings her Zwieback to all family gatherings. They are delicious.

65153-05

Banana nut bread

4-9-10 very good

1 c. sugar
½ c. margarine
2 eggs
½ c. sour cream
1 c. mashed bananas (2 or 3)
2 c. flour
½ tsp. salt
1 tsp. soda
½ c. chopped nuts

In mixing bowl cream together the sugar and margarine; add eggs; beat well. Combine the sour cream and bananas. Add alternately with the combined dry ingredients Mix until just blended. Add nuts. Pour into a greased 9 x 5-inch loaf pan and bake at 350° for about 1 hour or until done. Makes 1 loaf. or 4 tiny

Blueberry cream muffins

4 c. flour
1 c. sugar
2 T. baking powder
1 tsp. salt
2 eggs
2 c. milk
½ c. butter or margarine, melted
2 c. fresh or frozen blueberries

Filling:

1 (8-oz.) pkg. cream cheese, softened
⅓ c. sugar
1 egg

In a large bowl combine the flour, sugar, baking powder and salt. In another bowl beat the eggs, milk and butter; stir into dry ingredients just until moistened. Fold in the blueberries. Spoon about heaping tablespoon into greased muffin cups. In a small mixing bowl beat cream cheese, sugar and egg until smooth. Place about 1 tablespoon in center of each muffin cup. Do not spread. Top with another tablespoon of remaining batter. Bake at 375° for 18 to 20 minutes or until done. Cool for 10 minutes before removing from pans onto wire rack. Makes about 2 dozen muffins. Do not thaw frozen blueberries before adding to batter. Serves 24.

Cookies & Candy

Desserts

BLUEBERRY-ORANGE MUFFINS

1 c. quick-cooking rolled oats
1 c. orange juice
1 tsp. grated orange zest
1 c. vegetable oil
3 eggs, beaten
3 c. all-purpose flour
1 c. sugar
4 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
3 to 4 c. fresh or frozen blueberries

Topping:

1/2 c. finely chopped pecans
3 T. sugar
1/2 tsp. cinnamon

Mix oats, orange juice and zest; blend in oil and eggs; set aside. Stir together flour, sugar, baking powder, salt and baking soda. Add oat mixture; mix lightly. Fold in blueberries. Spoon batter into paper-lined muffin tins, filling two-thirds full. Combine topping ingredients; sprinkle over batter. Bake at 400° for about 15 to 18 minutes or until lightly browned. Serves 24.

65153-05

Blueberry Fresh Toast

12 slices day-old white bread, crust removed
2 (8-oz.) pkgs. cream cheese
1 c. fresh or frozen blueberries
12 eggs
2 c. milk
1/3 c. maple syrup or honey

Sauce:

1 c. sugar
2 T. cornstarch
1 c. water
1 c. fresh or frozen blueberries
1 T. margarine

Cut bread into 1-inch cubes; place half in a greased 9 x 13-inch baking dish. Cut cream cheese into 1-inch cubes; place over bread. Top with blueberries and remaining bread. In a large bowl beat eggs. Add milk and syrup; mix well. Pour over bread mixture. Cover and chill 8 hours or overnight. Remove from refrigerator 30 minutes before baking. Cover and bake at 350° for 30 minutes. Uncover; bake 25 to 30 minutes more or until golden brown and the center is set. In a saucepan combine sugar and cornstarch; add water. Bring to a boil over medium heat; boil for 3 minutes, stirring constantly. Stir in blueberries; reduce heat. Simmer for 8 to 10 minutes or until berries have burst. Stir in butter until melted. Serve over French toast. Serves 8.

Burst of Lemon Muffins

1 3/4 c. flour
3/4 c. sugar
1 tsp. baking powder
3/4 tsp. baking soda
1/4 tsp. salt
1 c. (8 oz.) lemon yogurt
1 egg
1/3 c. butter, melted
2 T. grated lemon peel
1 T. lemon juice
1/2 c. flaked coconut

Topping:

1/3 c. lemon juice
1/4 c. sugar
1/4 c. flaked coconut, toasted

In a large bowl combine the flour, sugar, baking powder and soda and salt. In another bowl beat the yogurt, egg, butter, lemon peel and juice until smooth; stir into dry ingredients just until moistened. Fold in coconut. Fill grease muffin cups 2/3 full. Bake at 400° for 18 to 20 minutes or until golden brown and muffins test done. Cool for 5 minutes before removing from pan to a wire rack. In a saucepan combine lemon juice and sugar; cook and stir until sugar is dissolved. Stir in coconut. Using a toothpick, poke 6 to 8 holes in each muffin. Spoon coconut mixture over muffins. Serve warm or cool to room temperature. Yield: 1 dozen. Serves 12.

65153-05

Cinnamon Rolls
(Bread Machine)

1 ¼ c. milk (70° to 80°)
¼ c. butter, softened
1 egg
1 tsp. salt
3½ c. bread flour
¼ c. instant vanilla pudding mix
1 T. sugar
1 T. active dry yeast

Filling:

¼ c. butter, softened
1 c. brown sugar
1 T. ground cinnamon

In bread machine pan place first 9 ingredients in order suggested by manufacturer. Select dough setting. When cycle is completed, turn dough onto lightly floured surface. Roll into a 17 x 10-inch rectangle. Spread with butter; sprinkle with brown sugar and cinnamon. Roll up jellyroll-style, starting from a long side; pinch seam to seal. Cut into 1-inch slices. Place slices, cut side down in a greased 13 x 9-inch baking pan. Cover and let rise in a warm place until doubled, about 45 minutes. Bake at 350° for 20 to 25 minutes or until golden brown. Cool for 5 minutes and frost with favorite frosting. Serves 15.

Cinnamon rolls

3 c. milk, scalded, part potato water
2/3 c. butter-flavored shortening
1/2 c. sugar
2 tsp. salt
1 c. mashed potatoes
2 T. active dry yeast
2 eggs, beaten
7 to 8 c. flour (approx.)
Margarine, softened
1 c. brown sugar (approx.)
4 tsp. cinnamon (approx.)
Pecans (opt.)
Raisins (opt.)

Pour scalded milk over shortening, sugar and salt; add mashed potatoes. Cool to lukewarm about 115° to 120°. In large mixing bowl combine 3 cups of flour and yeast; add milk mixture and beat for 2 minutes. Add eggs and beat for 2 more minutes. Continue adding flour, adding 1 cup at a time and mixing well after each addition, until a soft dough forms. Turn out and knead until smooth about 10 minutes. Let rise in greased bowl, turning once to grease top, until double. Punch down. Divide dough in half. Roll out into rectangle shape. Spread margarine over dough and sprinkle about 1/2 cup brown sugar and 2 teaspoons cinnamon over margarine. Sprinkle with raisins or chopped pecans, if desired. Roll up jellyroll-style and cut into 1-inch slices. Place cut side down on greased cookie sheets. Let rise until doubled. Bake until lightly browned at 350°. Frost with a powdered sugar glaze while still warm. I like to use caramel frosting. For the potato water, I usually save the water off potatoes when I make mashed potatoes. I use about 1 1/2 to 2 cups of water, then rest with milk. Serves 20.

65153-05

Cinnamon roll honey nut sticky topping

½ c. brown sugar
⅓ c. honey
¼ c. butter or margarine
¼ tsp. salt
1 c. chopped pecans

In a saucepan combine brown sugar, honey, butter and salt; bring to a boil, stirring occasionally. Boil for 1 minute. Pour into a greased 9 x 13-inch baking pan; sprinkle with pecans. Let cool to touch. Place cinnamon rolls over mixture and let rise until doubled. Bake at 350° for 25 to 30 minutes. Turn upside down over platter immediately from oven. Serves 12.

5-3-08 Good

Cracked wheat bread

1 ¼ c. water
2 T. powdered milk
2 T. shortening
2 T. honey
1 ¼ tsp. salt
1 egg
¾ c. whole-wheat flour
2 T. gluten
2 c. white bread flour
½ c. cracked wheat
1 ¼ tsp. yeast

Measure ingredients into baking pan in the order listed or how your bread machine instructions are required. Select Whole Grain setting. Makes 1 loaf. Cool on a wire rack before slicing. Makes 1 loaf.

Recipe Note: Blue ribbon winner at the Kansas State Fair.

Cookies & Candy
This & That
Desserts

Crispy Garlic Bread

1 loaf French bread
Margarine
Garlic powder
Parsley flakes
Grated Parmesan cheese

Slice French bread into 1-inch slices. You may use any kind of French bread. Spread margarine on one side of bread and place on baking sheet. Sprinkle top side of bread with garlic powder, parsley flakes and grated Parmesan cheese. Bake in oven at 350° for about 15 to 20 minutes. Bread should be golden brown and crispy on edges. Goes great with Italian foods. Serves 8.

Dilly Bread

1 pkg. instant dry yeast
1 c. cottage cheese
2 tsp. dill seed or weed
1 unbeaten egg
1 T. margarine, softened
3½ c. flour
¼ c. warm water
2 T. sugar
¼ tsp. soda
1 T. instant minced onion
1 tsp. salt

Soften yeast in warm water. Heat cottage cheese to lukewarm. Combine cottage cheese, sugar, salt, onion, dill, margarine, soda, egg and yeast. Add flour, one cup at a time to form stiff dough. Beat well after each addition of flour. Let rise 1 hour. Punch down. Let rise again. Punch down and put in a round casserole that has been greased on bottom. Let rise 30 to 40 minutes. Bake 40 minutes in 350° oven until brown on top. Remove from oven, brush top with butter. Let cool in casserole for 15 minutes, then turn out. Makes 1 loaf.

Recipe Note: Blue ribbon winner at the Kansas State Fair.

65153-05

French bread

1 1/4 c. water
1 T. sugar
1 1/4 tsp. salt
3 2/3 c. white flour
1 1/4 tsp. yeast
1 T. cornmeal
1 T. egg white, beaten
1 T. water
Sesame seeds

Measure water, sugar, salt, flour and yeast into bread machine. Select dough/pasta setting. Meanwhile, grease a 10 x 15-inch baking sheet. Sprinkle with cornmeal where the bread will be placed. In small mixing bowl whisk egg white and water together. When cycle is complete in bread machine, remove dough and roll into a 10 x 8-inch rectangle. Beginning at long end, roll up tightly as for jellyroll. Pinch seams together and ends to seal. Place loaf, seam side down, on a greased baking sheet. Lightly brush with oil. Cover and let rise in warm place until double in size, about 20 to 30 minutes. With a sharp knife, make 3 or 4 diagonal cuts about 1/4 inch deep across the top of the loaf. Brush some of the egg white mixture over top of loaf. Sprinkle with sesame seeds, if desired. Bake at 350° for 20 to 25 minutes or until done. Bread should sound hollow when tapped. Remove the bread from the sheet and cool on wire rack. Serves 12.

French toast

1/2 c. milk
2 slightly beaten eggs
1/4 tsp. salt
4 slices day-old bread

Combine milk, eggs and salt. Dip bread into mixture on both sides. Fry in a small amount of hot fat until golden brown on both sides. Serve hot with syrup or favorite topping. Serves 2.

Golden Crisp Waffles

2 c. flour
2 tsp. baking powder
½ tsp. salt
3 eggs
1 ¼ c. milk
⅓ c. shortening, melted

Sift flour, baking powder and salt into bowl. Separate eggs; mix beaten eggs with milk. Add to flour mixture; add shortening. Mix until smooth. Beat egg whites until moist peaks form; stir quickly into batter. Bake in hot waffle iron. Makes 4 to 5 (7-inch) waffles. Serves 4.

Golden Cornbread

1 c. cornmeal
1 c. flour
¼ c. sugar
4 tsp. baking powder
½ tsp. salt
1 c. milk
1 egg
¼ c. vegetable oil

Combine cornmeal, flour, sugar, baking powder and salt. Add milk, egg and oil. Beat until fairly smooth, about 1 minute. Bake in greased 8 x 8-inch pan for 20 to 25 minutes at 425°. Serves 9.

Recipe Note: This is a winning recipe from my friend, Debbie Mullins, who won many ribbons at the Kansas State Fair.

65153-05

Golden Pan Rolls

- 1 (11-oz.) can mandarin oranges, drained
- 1/2 c. small-curd cottage cheese
- 3 T. warm water
- 2 T. vegetable oil
- 2 T. honey
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 3 c. bread flour
- 1 c. quick-cooking oats
- 2 1/2 tsp. active dry yeast
- 1 T. margarine, melted

In bread machine pan, place the first 10 ingredients in order suggested by manufacturer. Select dough setting. Check dough after 5 minutes of mixing, dough should be stiff. Add 1 or 2 tablespoons of water or flour if needed. When cycle is completed, turn dough onto lightly floured surface. Divide dough in half. Form into balls and place in greased 9 x 13-inch baking pan. Brush with melted margarine. Cover and let rise in warm place until doubled, about 30 minutes to 1 hour. Bake at 350° for 20 to 25 minutes or until golden brown. Serves 8.

Golden Peach Muffins

- 1 1/2 c. flour
- 1 c. sugar
- 3/4 tsp. salt
- 1/2 tsp. soda
- 1/8 tsp. cinnamon
- 2 eggs
- 1/2 c. vegetable oil
- 1/2 tsp. vanilla
- 1 (15 1/4-oz.) can sliced peaches, drained & finely chopped

In a bowl combine the dry ingredients. In another bowl combine the eggs, oil and vanilla; stir into dry ingredients just until moistened (batter will be thick). Fold in peaches. Fill greased muffin cups 2/3 full. Bake at 350° for 25 to 30 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serves 12.

Holiday bread

3 c. flour
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
3 eggs
3 c. sugar
1 c. vegetable oil
2 c. finely grated carrots
1 (9-oz.) can crushed pineapple, drained
2 tsp. vanilla
1 c. chopped nuts

Sift together in bowl the flour, soda, salt, cinnamon; set aside. In large mixing bowl beat the eggs, sugar and oil. Add pineapple, carrots and vanilla. Add dry ingredients a spoonful at a time while mixer is going. Mix until blended, then stir in nuts. Pour batter into 2 greased loaf pans. Bake at 350° for about 1 hour or until tests done. Makes 2 loaves.

Honey oatmeal bread

1 1/4 c. water (70° to 80°)
1/2 c. honey
2 T. vegetable oil
1 c. quick-cooking oats
1 1/2 tsp. salt
3 c. bread flour + 2 T.
2 1/4 tsp. active dry yeast

In bread machine pan place all ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available. Bake according to bread machine directions (check dough after 5 minutes; add 1 to 2 tablespoons of water or flour if needed). Yield: 1 loaf.

65153-05

Lemon Bread

½ c. butter or margarine
1 c. sugar
2 eggs
2 T. lemon juice
1 T. lemon rind
1 ½ c. flour
1 tsp. baking powder
¼ tsp. salt
½ c. milk or sour milk

Glaze:

2 T. lemon juice
½ c. powdered sugar

In mixing bowl cream butter and sugar. Beat in eggs, lemon juice and rind. Combine flour, baking powder and salt; stir into creamed mixture alternately with milk. Pour into a greased 8 x 4 x 2-inch loaf pan. Bake at 350° for 50 to 60 minutes or until bread tests done. Combine glaze ingredients. Pour glaze over bread while still in pan. Let cool about 15 minutes and remove from pan. Cool on a wire rack. Yields 1 loaf. **To Make Lemon Blueberry Bread:** Add ½ cup chopped nuts and 1 cup fresh or frozen blueberries to the batter. May also increase lemon juice to 3 tablespoons. Will probably have to bake a little longer. Makes 1 loaf. **Glaze:** Use 2 tablespoons lemon juice and ¼ cup sugar. Boil together for 1 minute and pour over bread while still hot. Makes 1 loaf.

New year's cookies

1 T. yeast
2 c. milk
1/4 c. butter
3 eggs
1/4 c. sugar
1 tsp. salt
2 c. raisins
5 c. flour (approx.)

Glaze:

2 to 3 c. powdered sugar
2 tsp. vanilla
2 T. hot water (approx.)

In a small saucepan cover raisins with just enough water to cover. Bring to a boil and let simmer for about 15 to 20 minutes. Let cool to room temperature. In large mixing bowl combine 3 cups flour and yeast. Heat milk to 115° to 120°. Add butter, sugar and salt. Add milk mixture to flour and beat for 2 minutes. Add eggs and beat for 2 more minutes. Add raisins and water and mix well. Continue to add flour, 1 cup at a time and beat until mixed well. Add enough flour to make a sponge. Do not knead the dough. Let rise about 1 hour. Stir down and chop by tablespoonfuls into hot fat. Fry until golden brown, turning once. Glaze while hot and let cool on racks or paper towels. Mix glaze ingredients all together and add enough hot water to make thin. Best eaten while still warm. Serves 12.

Recipe Note: These New Year cookies are something that I must make on either New Year's Eve or New Year's Day. It wouldn't be a new year without them. They are also good any other time of the year.

65153-05

Orange-Glazed Pumpkin Bread

3½ c. flour
2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
3 c. sugar
1 c. vegetable oil
4 eggs, beaten
¾ c. sour milk or buttermilk
1 tsp. vanilla
1 tsp. orange juice
1 tsp. orange rind
1 (16-oz.) can pumpkin
1 c. chopped pecans

Glaze:

1 c. sifted powdered sugar
¼ c. orange juice

Preheat oven to 350°. Grease two 9-inch bread loaf pans or muffin tins. Sift together flour, soda, salt and spices in a large bowl. Stir in sugar, oil, eggs and buttermilk; mix well. Stir in remaining ingredients. Divide into pans and bake 60 to 65 minutes or until bread test done. Let stand on wire rack 10 minutes before removing from pans. **Glaze:** Combine ingredients and pour over warm loaves. Makes 2 loaves.

Poppy Seed Quick Bread

3 c. flour
2½ c. sugar
½ tsp. salt
1 ½ tsp. baking powder
3 eggs
1 ⅛ c. oil
1 ½ c. milk
1 ½ tsp. vanilla
1 ½ tsp. almond extract
1 ½ tsp. butter extract
1 ½ tsp. poppy seed

Glaze:

¼ c. orange juice
¾ c. sugar
½ tsp. almond extract
½ tsp. butter extract
½ tsp. vanilla

Mix together flour, 2½ cups sugar, salt, baking powder in bowl; set aside. In large mixing bowl combine eggs, oil, milk, 1 ½ teaspoons each vanilla, almond, butter extracts and poppy seed; mix well and add flour mixture slowly, mixing well. Pour mixture into 2 greased 9 x 5 x 2.5-inch pans. Bake at 325° to 350° for about 1 hour. Remove from oven when done and poke with a fork holes on top while hot. Combine orange juice, sugar and extracts for glaze in small saucepan and bring to a boil. Pour glaze over top of bread. Remove from pans while bread is slightly warm. Makes 2 loaves. Delicious!

Pizza Crust

1 c. warm water
1 T. active dry yeast
1 T. honey
1 tsp. salt
1/4 c. cornmeal
3 T. vegetable oil
3 c. flour (approx.)

In medium mixing bowl combine water, yeast, honey, salt, cornmeal and oil; stir well. Add about 1 to 1 1/2 cups flour and stir well for about 2 minutes. Continue to add enough flour to form soft ball. Knead until smooth and elastic. Grease bowl and place dough in bowl, turning once to grease top of dough. Let rise about 1 hour or until double in size. Grease a 10 x 15-inch baking sheet and sprinkle some cornmeal in pan. Put dough in pan and spread to fit, forming edges. Prick dough with fork and let rest about 5 minutes. Bake in preheated oven at 400° for about 10 to 15 minutes. Remove from oven and spread pizza sauce over top and your choice of toppings for pizza. Bake finished pizza for about 10 to 15 minutes at 400° or until done. Serves 6.

Sky-High Biscuits

3 c. flour
2 T. sugar
4 1/2 tsp. baking powder
3/4 tsp. cream of tartar
1/2 tsp. salt
3/4 c. cold butter or margarine
1 egg
1 c. milk

In a bowl combine the first 6 ingredients. Cut in butter until crumbly. Combine egg and milk; stir into crumb mixture just until moistened. Turn onto a floured surface; knead 10 to 15 ~~minutes~~ times. Roll out to 1-inch thickness; cut with a 2 1/2-inch biscuit cutter. Place on a greased baking sheet. Bake at 450° for 10 to 15 minutes or until golden brown. Yield 1 dozen. Serves 14.

Sour cream chive bread

2/3 c. milk
1/4 c. water
1/4 c. sour cream
2 T. butter
1 1/2 tsp. sugar
1 1/2 tsp. salt
3 c. bread flour
1/8 tsp. baking soda
1/4 c. minced chives
2 1/4 tsp. active dry yeast

In bread machine pan place all ingredients in the order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size. Yield: 1 loaf.

Sour cream potato rolls

1/2 c. sour cream
1/2 c. water (70° to 80°)
1/2 c. mashed potatoes
1/4 c. margarine, softened
2 T. sugar
1 tsp. salt
1/2 tsp. baking soda
1/8 tsp. mace
3 c. bread flour
2 tsp. active dry yeast

In bread machine place all ingredients in order suggested by manufacturer. Select dough settings. When cycle is completed, turn dough onto a lightly floured surface. Punch dough down. Divide into 18 portions; roll each into a ball. Place on a greased baking pan. Cover and let rise in warm place until doubled, about 30 minutes. Bake at 375° for 10 to 15 minutes or until golden brown. Serves warm. Serves 12.

Recipe Note: These rolls are so light, they will practically melt in your mouth.

Strawberry Bread

3 c. flour
1 tsp. soda
1 tsp. cinnamon
2 c. sugar
1 tsp. salt
1 1/4 c. salad oil
4 eggs
1 qt. strawberries, sliced (thawed if frozen)

Sift dry ingredients together into bowl. Set aside. In mixing bowl beat eggs and oil; add strawberries. Add dry ingredients and mix until blended. Pour into 2 greased and floured loan pans. Bake at 350° for 1 hour or until done. Cool on racks before removing from pan. Serves 10.

Wheaten Cheese Crackers

1 c. minus 2 T. flour
1/4 tsp. baking soda
1/2 tsp. salt
1/2 c. cornmeal
1/4 c. wheat germ
1/2 c. butter
1/2 c. grated cheddar cheese
1/4 c. milk
1 T. white vinegar
Wheat germ, for sprinkling

Mix first 5 ingredients. Cut in butter and cheese. Add milk and vinegar, mixing just until dampened. Knead lightly and roll to 1/3-inch thickness. Cut in rectangles and prick with tines of fork. Sprinkle with wheat germ. Place on lightly greased baking sheets. Bake 12 to 15 minutes at 375°. Watch carefully so it doesn't brown too much. Serves 12.

Recipe Note: This recipe won Best Of Show at the Kansas State Fair in 1988.

Whole-Wheat Doughnuts

- $2\frac{1}{2}$ c. white flour
- 1 T. baking powder
- $\frac{1}{2}$ tsp. baking soda
- 1 tsp. salt
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{4}$ tsp. cinnamon
- $1\frac{3}{4}$ c. whole-wheat flour
- 2 eggs
- $\frac{1}{2}$ c. white sugar
- $\frac{1}{2}$ c. brown sugar
- 3 T. melted shortening
- 2 T. grated lemon rind
- $\frac{1}{2}$ tsp. vanilla
- 1 c. buttermilk or sour milk

Sift together flour, baking powder, soda, salt, nutmeg and cinnamon. Add sugars to eggs and beat well. Add shortening, lemon rind and vanilla; mix well. Add flour mixture alternately with buttermilk to egg mixture. Mix lightly to make a soft dough. Do not add too much flour. Turnout on lightly floured board or pastry cloth. Roll out $\frac{1}{4}$ inch thick. Cut with lightly floured doughnut cutter. Fry in deep hot fat (365°), turning frequently until brown. Drain thoroughly on paper towels. Dust with cinnamon and sugar, if desired. Makes 2 dozen ($2\frac{1}{2}$-inch) doughnuts.

Whole-Wheat Muffins

- 1 c. unbleached all-purpose flour
- 1 c. whole-wheat flour
- $\frac{1}{2}$ tsp. salt
- 4 tsp. baking powder
- $\frac{1}{2}$ c. brown sugar
- 1 c. milk
- 2 beaten eggs
- $\frac{1}{3}$ c. vegetable oil
- $\frac{1}{2}$ c. chopped pecans

Mix together flours, salt, baking powder and sugar in mixing bowl. Add milk, eggs, oil and nuts. Stir mixture by hand only until batter is moistened. Pour batter in greased muffin tins about $\frac{2}{3}$ full and bake 15 minutes or until done in 400° oven. Serves 8.

Recipe Note: Blue ribbon winner at the Kansas State Fair.

65153-05

Zucchini Bread

1 c. oil
3 eggs
2 c. sugar
2 c. grated zucchini
1 tsp. salt
1 tsp. soda
2 tsp. cinnamon
1 T. baking powder
3 c. flour
1 tsp. vanilla
1 c. chopped nuts
3/4 c. raisins or dates (opt.)

Grease and flour 2 loaf pans. Beat together oil, eggs, sugar and vanilla. Stir in zucchini. Measure dry ingredients together and add to zucchini mixture. Mix well and add nuts and raisins. Bake at 350° for 45 minutes or until tests done. Serves 12.

Zwieback

3 c. scalded milk
1 c. water
1/2 c. cream
1 c. shortening (part butter)
2 pkgs. yeast
4 tsp. salt
1/4 c. sugar
10 to 12 c. flour

Combine milk, water, cream and shortening; cool to lukewarm and add yeast; dissolve. Add sugar and salt. Add 3 cups flour and beat well. Continue to add flour for a medium dough, turn out on floured table and knead until smooth. Place in greased bowl and let rise until doubled. Punch down and let rise again. Punch down and pinch off small pieces the size of small egg and place on greased baking sheet. Pinch off smaller pieces and place on top of larger pieces. Let rise and bake at 400° until brown, about 15 to 20 minutes.

Recipe Note: This was a winner at the Kansas State Fair.

Desserts

Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.

- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.

- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.

- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.

- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.

- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a new, clean toothbrush.

- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.

- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.

- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.

- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.

- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.

- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.

DESSERTS

Angel Food Cake

1 2/3 c. egg whites
1 c. + 2 T. sifted cake flour
3/4 c. sifted granulated sugar
1/2 tsp. salt
1 1/2 tsp. cream of tartar
1 c. sifted granulated sugar
1 tsp. vanilla extract
3/4 tsp. almond extract

Have egg whites at room temperature. Preheat oven to 375°. Sift flour with 3/4 cup sugar 5 times. In large mixing bowl beat whites and salt with electric mixer at high speed until foamy; add cream of tartar; beat until whites are stiff and stand in peaks, about 2 1/2 minutes. Rapidly sprinkle in while beating, 1 cup sugar; beat only until sugar is blended, about 1 minute. Scrape bowl toward beaters, then up and over, using folding motion. Add extracts. Turn mixer to low speed; sprinkle in sifted flour evenly and quickly, beating just to blend about 1 1/2 minutes. Again, gently scrape bowl toward beaters, then up and over, using folding motion. Gently push batter into an ungreased 4-inch deep, 10-inch tube pan. With knife, cut complete circle through batter, without removing spatula. Bake 35 minutes or until done. Immediately invert pan over long neck soda bottle; leave until cold, then remove from pan. Serves 15.

9-12-12

Apple cake

2 eggs
1 c. vegetable oil
2 c. sugar
1 tsp. salt
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. vanilla
1 tsp. soda
2 c. flour
4 c. coarsely chopped, peeled apples

Beat eggs with oil. Add sugar, salt, nutmeg, cinnamon, vanilla and soda. Stir in flour; add apples. Bake in a greased and floured 9 x 13-inch pan for 45 minutes at 350°. May frost with a cream cheese frosting or is good without frosting. I prefer to use Jonathan apples. Serves 12.

Recipe Note: This recipe won a blue ribbon at the Kansas State Fair in 1990.

Apple Cider Spice Cake

- 3/4 c. butter or margarine, softened
- 1 1/2 c. light brown sugar
- 3 eggs
- 3 c. flour
- 1 T. baking powder
- 1 tsp. soda
- 1 tsp. salt
- 1/2 tsp. ground allspice
- 1/2 tsp. ground nutmeg
- 1/2 tsp. cinnamon
- 1 c. apple cider
- 3/4 c. milk

Frosting:

- 1/2 c. softened butter
- 1/2 c. butter-flavored margarine
- 1/3 c. dark corn syrup
- 2 tsp. rum extract
- 4 c. powdered sugar

Cream together butter and sugar. Beat in eggs, one at a time. Stir together dry ingredients. Combine cider and milk. Thoroughly blend flour into creamed mixture alternately with cider mixture, beginning and ending with flour. Pour into 3 greased, waxed paper-lined 8-inch cake pans. Bake in 350° oven for 25 to 30 minutes before removing from pans. Cool completely before frosting with Butter Rum Frosting. Decorate with nuts, if desired. **Butter Rum Frosting:** Cream butter and margarine, then add sugar, extract and syrup. Beat together well and spread on cool cake. Serves 12.

Apple coffee cake

½ c. butter, softened
1 c. sugar
2 eggs
1 tsp. vanilla extract
2 c. flour
3 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 c. sour cream
2 c. chopped peeled apples

Topping:

1 c. brown sugar
1 tsp. cinnamon
2 T. cold butter
½ c. chopped pecans

In a large mixing bowl cream butter and sugar. Add eggs and vanilla; beat well. Combine the flour, baking powder, baking soda and salt; add to creamed mixture alternately with sour cream. Fold in apples. Pour into a greased 13 x 9-inch baking dish. In a small bowl combine brown sugar and cinnamon. Cut in butter until the mixture resembles coarse crumbs. Stir in pecans; sprinkle over batter. Bake at 350° for 35 to 40 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Serves 12.

Autumn surprise cake

2 c. sugar
3 c. flour
2 tsp. soda
1 c. oil
2 eggs, beaten
4 c. apples, chopped, unpeeled
2 tsp. vanilla
1 c. pecans, chopped
1 c. coconut
1 c. raisins

Frosting:

1 c. brown sugar
6 T. cream
¼ c. butter

Mix apples with sugar and let stand a few minutes until juice forms. Sift flour, soda and salt together and add to apples. Add remaining ingredients and mix thoroughly. Pour into greased and floured 9 x 13-inch pan. Bake for 45 to 50 minutes at 350°. **Frosting:** Cook brown sugar, cream and butter over low heat for 5 to 7 minutes. Cool and spread on cake. Serves 12.

65153-05

Burnt Sugar Cake

½ c. butter
1 heaping c. sugar
2 egg yolks, beaten
1 c. cold water
2 c. flour
3 T. burnt sugar syrup
1 tsp. vanilla
½ c. flour
2 tsp. baking powder
2 egg whites, beaten

Cream butter and sugar. Add egg yolks and 1 cup water. Add 2 cups flour and beat for 5 minutes. Add 3 tablespoons burnt syrup, 1 teaspoon vanilla and ½ cup flour with baking powder; beat some more and then fold in egg whites. Bake at 350° for 30 to 35 minutes in two (8-inch) layer cake pans, that have been greased and floured. Remove from pans when cool and frost with caramel frosting. **To Make Burnt Sugar Syrup:** Heat 1 cup sugar in skillet over medium heat until melted and is smoking. Remove from heat and add 1 cup boiling water. Stir; return to fire and boil until syrup thickens. Serves 12.

Recipe Note: This recipe was from my Grandma, Ruby Westfahl.

Caramel-Coconut-Oatmeal Cake

1 ½ c. water
1 c. quick-cooking oats
½ c. butter
1 c. brown sugar
½ c. white sugar
2 eggs
1 ½ tsp. vanilla
1 ⅓ c. sifted flour
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. salt
¼ tsp. nutmeg

Topping:

1 c. flaked coconut
½ c. chopped pecans
½ c. brown sugar
½ c. milk
¼ c. butter
Dash of salt

Combine water and oatmeal in a bowl and microwave 3 minutes or until mixture thickens, stirring once. Remove from microwave and set aside. Cream together butter and sugars until light and fluffy. Add eggs, one at a time; beat well after each addition. Blend in vanilla. Stir in oatmeal mixture; mix with spoon. Mix together dry ingredients and stir into creamed mixture. Grease a 12 x 8 x 2-inch glass baking dish on bottom only. Put mixture into dish and microwave 10 to 11 minutes, giving the dish ¼ turn 3 times during baking. Cake is done when toothpick placed in center comes out clean. The top of the cake is moist and slightly shiny in appearance. Prepare topping. Put topping ingredients in a glass bowl. Microwave on high, uncovered, for 2½ to 3 minutes or until slightly thickened, stirring once after 1 ½ minutes. Remove and stir again. Spread on warm cake. Serves 12.

Recipe Note: Won a blue ribbon at the Kansas State Fair.

65153-05

Carrot Cake

2 c. flour
2 c. sugar
4 eggs
3 c. grated carrots
1 tsp. vanilla
2 tsp. baking soda
½ tsp. butter extract
1 ½ c. corn oil
2 tsp. cinnamon
½ tsp. salt
1 tsp. baking powder
1 c. drained crushed pineapple

Sift all the dry ingredients; set aside. Cream sugar and eggs. Add vanilla, butter extract, corn oil and pineapple; mix well. Add grated carrots and dry ingredients; mix well. Pour in prepared 9 x 13-inch pan. Bake at 350° for 40 minutes or more until done. Cool and frost with cream cheese frosting. Serves 12.

Recipe Note: This recipe won a blue ribbon in 1990 at the Kansas State Fair.

Cherry Bars

1 c. butter or margarine, softened
2 c. sugar
4 eggs
1 tsp. vanilla extract
½ tsp. almond extract
3 c. flour
1 tsp. salt
2 (21-oz.) cans cherry pie filling

Glaze:

1 c. powdered sugar
½ tsp. vanilla extract
½ tsp. almond extract
2 to 3 T. milk

In a large mixing bowl cream butter and sugar. Add eggs, one at a time, beating well after each addition. Beat in the extracts. Combine flour and salt; add to the creamed mixture and mix until combined. Spread 3 cups batter into a greased 15 x 10-inch baking pan. Spread with pie filling. Drop the remaining batter by teaspoonfuls over filling. Bake at 350° for 30 to 35 minutes or until a toothpick comes out clean. Cool on a wire rack. Combine the glaze ingredients; drizzle over bars. Serves 15.

Chocolate Sheet Cake

1 1/2 c. water
3/4 c. butter or margarine
2 c. sugar
2 eggs
1 tsp. vanilla extract
2 c. flour
1/2 c. baking cocoa
2 tsp. baking soda
1/2 tsp. salt

Frosting:

6 T. margarine, softened
3 c. powdered sugar
3 T. baking cocoa
1 tsp. vanilla
4 to 5 T. milk

In large saucepan bring water to a boil. Remove from the heat. Stir in sugar and butter until butter is melted. Add eggs and vanilla; mix well. Combine flour, cocoa, baking soda and salt; add to butter mixture and mix thoroughly. Pour into a greased and floured 15 x 10 x 1-inch baking pan. Bake at 350° for 30 to 35 minutes or until a wooden pick inserted near the center comes out clean. Cool completely on a wire rack. **Frosting:** Beat butter, powdered sugar, cocoa, vanilla and enough milk to reach a spreading consistency. Frost cake. Serves 20.

65153-05

Chocolate zucchini cake

½ c. butter, softened
1 ¾ c. ~~water~~ sugar
½ c. vegetable oil
2 eggs
2¼ c. flour
¼ c. cocoa
2 tsp. baking soda
½ tsp. baking powder
½ c. sour milk or buttermilk
1 tsp. vanilla
2 c. shredded zucchini
½ tsp. cinnamon
1 c. chocolate chips

Cream together the butter, sugar and oil; add eggs and vanilla; mix well. Combine flour, cocoa, baking soda and powder, cinnamon. Add alternately to mixture with the buttermilk. Mix until smooth; add zucchini and mix well. Pour into greased and floured 10 x 15 x 1-inch pan. Sprinkle chocolate chips on top of batter and bake at 325° for 35 minutes or until tests done. Serves 15. I use semi-sweet chocolate chips. May also use a 9 x 13 x 2-inch cake pan to bake in. You can frost the cake or leave plain. Cake is moist.

Glazed Raisin Sheet Cake

1 1/2 c. raisins
1 1/4 c. boiling water
1 c. margarine, softened
1 1/2 c. sugar
2 eggs
3 1/2 c. flour
2 tsp. cinnamon
1 1/2 tsp. baking soda
1/2 tsp. salt

Glaze:

1 1/2 c. powdered sugar
1 T. melted margarine
3 to 4 T. milk

Place raisins in a bowl; cover with boiling water and let stand for 5 minutes. Drain, reserving 1 cup liquid; set raisins and liquid aside. In a mixing bowl cream margarine and sugar. Add eggs; mix well. Combine flour, cinnamon, baking soda and salt; add to creamed mixture alternately with reserved raisin liquid. Fold in raisins. Pour into a greased 15 x 10 x 1-inch baking pan. Bake at 375° for 16 to 20 minutes or until done. Cool on a wire rack for 5 minutes. Meanwhile, combine the glaze ingredients in a mixing bowl and pour over warm cake; spread evenly. Cool before cutting. Serves 24.

65153-05

Heath coffee cake

½ c. margarine
2 c. flour
1 c. brown sugar
1 c. white sugar
1 c. buttermilk
1 tsp. soda
1 egg
1 tsp. vanilla
1 tsp. salt

Topping:

1 c. or 3 to 4 Heath English toffee bars, finely chopped
¼ c. pecans or almonds, chopped

Blend the flour, butter and the sugars. Take out ¾ cup of the mixture. To the rest, add the buttermilk, soda, egg and vanilla. Blend well. Pour into a greased and floured 10 x 14 x 2-inch or 9 x 13-inch pan. **Topping:** Crush finely the toffee bars and pecans or almonds and add to the ¾ cup of mixture. Sprinkle over the top of the batter and bake in a 350° oven for 30 minutes or until done. Serves 12.

Honey cake

2 c. sifted flour
3¼ tsp. baking powder
1 tsp. salt
⅔ c. sugar
⅔ c. honey
¾ c. milk
½ c. shortening
1 ½ tsp. vanilla
¼ tsp. almond extract
4 egg whites
¼ c. chopped almonds

In large mixing bowl combine the flour, baking powder and salt. Add sugar, honey, milk, shortening, vanilla and almond extract and beat at low speed for 1 ½ minutes. Add egg whites to mixture and beat for 1 ½ minutes. Fold in almonds. Pour into two prepared 8-inch round cake pans and bake at 350° for 30 to 35 minutes. Frost with a cream cheese frosting. Serves 12.

Recipe Note: The recipe won a blue ribbon in 1990 at the Kansas State Fair.

Italian Cream Cake

½ c. margarine
½ c. shortening
2 c. sugar
5 eggs, separated
¼ tsp. salt
1 c. buttermilk
1 tsp. soda
1 tsp. vanilla
2 c. sifted flour
1 c. coconut
1 c. chopped pecans

Frosting:

8 oz. cream cheese
¼ c. margarine
1 tsp. vanilla
3 to 4 c. powdered sugar

Cream margarine, shortening and sugar together until almost like whipped cream. Add egg yolks and beat well after each addition. Mix soda and vanilla into buttermilk, then add half to creamed mixture; beat in. Mix salt with flour. Add half of flour, then rest of liquid, then remaining flour. Fold in nuts and coconut, then stiffly beaten egg whites. Pour into three 8- or 9-inch round cake pans. Bake at 350° for 25 to 30 minutes. Cool and frost with Cream Cheese Frosting. Serves 20. **Frosting:** Combine cream cheese and margarine and cream together. Add vanilla and powdered sugar and beat until light and spreading consistency. Frost cake.

65153-05

Lazy daisy cake

4 eggs
2 c. sugar
2 tsp. vanilla extract
2 c. flour
2 tsp. baking powder
½ tsp. salt
1 c. milk
¼ c. margarine

Frosting:

1 ½ c. brown sugar
¾ c. margarine, melted
½ c. evaporated milk or cream
1 ½ c. flaked coconut
½ c. chopped pecans

In a mixing bowl beat eggs, sugar and vanilla until thick, about 4 minutes. Combine flour, baking powder and salt; add to egg mixture and beat just until combined. In a saucepan bring milk and butter to a boil, stirring constantly. Add to batter and beat until combined. Pour into a greased 9 x 13-inch baking pan. Bake at 350° for 35 to 40 minutes or until cake tests done. Combine frosting ingredients in small saucepan and heat until blended. Spread over warm cake. Broil until lightly browned, about 3 to 4 minutes. Serves 15.

Lemon poppy seed cake

4-26-08
would be better w/lemon cake mix

1 (18.5-oz.) pkg. yellow cake mix
1 (3.5-oz.) pkg. instant lemon pudding mix
¼ c. poppy seeds
1 c. water
½ c. vegetable oil
4 eggs

Icing:

2 T. lemon juice
1 tsp. lemon rind
2 c. powdered sugar
½ tsp dry lemonade Kool Aid

Preheat oven to 350°. Grease bundt pan. Combine cake and pudding mixes with poppy seeds. Add water and oil; stir together. Beat in eggs, one at a time. Pour into bundt pan. Bake 40 to 45 minutes or until done. Let cool in pan about 30 minutes, then turn out. When cool, combine icing ingredients until smooth and pour over cake. Serves 12.

Lemon sheet cake

1 ($18\frac{1}{4}$-oz.) pkg. lemon cake mix
4 eggs
1 ($15\frac{3}{4}$-oz.) can lemon pie filling
4 oz. cream cheese, softened
½ c. margarine, softened
2 c. powdered sugar
1 ½ tsp. vanilla

In a large mixing bowl beat the cake mix and eggs until well blended. Fold in pie filling. Spread into a greased 15 x 10 x 1-inch baking pan. Bake at 350° for 20 to 25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. In a small mixing bowl beat cream cheese, butter and powdered sugar until smooth. Stir in vanilla. Spread over cake. Store in the refrigerator. Serves 20.

Mexican fruit cake

2 c. flour
2 c. sugar
2 eggs
1 (20-oz.) can crushed pineapple & juice
2 tsp. soda
Dash of salt
1 c. chopped nuts

Frosting:

8-oz. pkg. cream cheese
½ c. margarine
1 tsp. vanilla
2 to 3 c. powdered sugar
½ c. chopped nuts

In large mixing bowl mix all together and bake at 350° for 40 minutes or until done. This is using a 9 x 13-inch pan. If you use a sheet cake pan, bake about 30 to 35 minutes. Cool and frost. Serves 15. **Frosting:** Cream together cream cheese and margarine. Add vanilla and powdered sugar. Beat until smooth. Frost cake. Top with nuts.

65153-05

10-05-07
not as good as Blender recipe

Mom's banana cake

2 c. mashed banana
1/4 c. milk
1 c. shortening
2 tsp. vanilla
2 c. sugar
4 eggs
4 1/2 c. sifted cake flour
4 tsp. baking powder
1 tsp. salt
1 c. pecans, chopped

In a small bowl combine bananas and milk; set aside. In large mixing bowl combine shortening, vanilla and sugar; cream well. Add eggs and mix well. Combine flour, baking powder and salt in bowl. Add dry ingredients alternately with banana mixture until well blended. Add nuts, if desired. Pour into prepared pan. I use a 10 x 15-inch pan. A 9 x 13-inch pan may also be used. Bake at 350° for 40 to 50 minutes or until tests done. Frost with caramel frosting. Serves 12.

8" squares - 50 min

Oatmeal cake

1 1/2 c. boiling water
1 c. quick oats
1/2 c. margarine
1 c. brown sugar
1 c. white sugar
2 eggs
1 tsp. vanilla
1 1/2 c. flour
1 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon

Frosting:

1 c. brown sugar
1 T. light corn syrup
4 T. margarine
1/2 cream
1 c. coconut
1/2 c. chopped pecans

Combine water and oats; cool. Cream margarine and sugars; add eggs and vanilla and mix. Add dry ingredients and mix well. Last, add oatmeal mixture and mix well. Bake in greased 9 x 13-inch cake pan at 350° for 30 minutes or until tests done. Remove from oven and frost cake with frosting while still warm. Serves 12. **Frosting:** Combine first 4 ingredients and boil for 3 minutes. Add coconut and nuts and stir well. Put on cake and then put cake under broiler for 1 to 2 minutes. Watch carefully.

Cookies & Candy

This & That

OLD GERMAN SWEET CHOCOLATE CAKE

1 (4-oz.) bar Baker's German chocolate
1/2 c. hot water
2 c. sugar
1 c. shortening
4 egg yolks, beaten
2 1/2 c. + 2 T. cake flour
1 c. buttermilk
1 tsp. soda
Pinch of salt
1 tsp. vanilla
4 egg whites, stiffly beaten

Coconut-Pecan Frosting:

1 lg. can evaporated milk
1 c. sugar
1/2 c. butter
3 egg yolks
2 c. coconut
3/4 c. pecans, chopped
1 tsp. vanilla

Dissolve chocolate in hot water; let stand until cool. Cream together sugar and shortening; add egg yolks and beat. Add cake flour alternately with buttermilk, reserving last 1/3 cup of buttermilk and add 1 teaspoon soda to it. Add to mixture when dissolved. Add chocolate mixture with pinch of salt and 1 teaspoon vanilla. Mix until blended. Fold in beaten egg whites. Bake in a 9 x 13-inch pan for 30 to 40 minutes or until done in 350° oven. Cool and frost with Coconut-Pecan Frosting. Serves 12. **Frosting:** Combine milk, sugar, butter and egg yolks in heavy saucepan and cook over low heat, stirring continuously until thickened, about 20 minutes. Remove from heat and add coconut, pecans and vanilla. Stir well. Spread on cooled cake.

65153-05

7-20-13
Good

Orange cream cake

1 (18¼-oz.) pkg. lemon cake mix
1 env. unsweetened orange drink mix
3 eggs
1 c. water
⅓ c. vegetable oil
2 (3-oz.) pkgs. orange gelatin, divided
1 c. boiling water
1 c. cold water
1 c. cold milk
1 tsp. vanilla extract
1 (3.4-oz.) pkg. instant vanilla pudding mix
1 (8-oz.) ctn. frozen whipped topping, thawed

In a mixing bowl combine cake and drink mixes, eggs, water and oil. Beat on medium speed for 2 minutes. Pour into an ungreased 9 x 13-inch baking pan. Bake at 350° for 25 to 30 minutes or until a toothpick inserted near the center comes out clean. Using a meat fork, poke holes in cake. Cool on a wire rack for 30 minutes. Meanwhile, in a bowl dissolve 1 package of gelatin in boiling water. Stir in cold water. Pour over cake. Cover and refrigerate for 2 hours. In a mixing bowl combine milk, vanilla, pudding mix and remaining gelatin; beat on low for 2 minutes. Let stand for 5 minutes; fold in whipped topping. Frost cake. Refrigerate leftovers. Serves 12.

Pecan coffee cake

1 (18.5-oz.) pkg. yellow cake mix
1 (3.4-oz.) pkg. instant vanilla pudding mix
4 eggs
1 c. sour cream
⅓ c. vegetable oil
1 tsp. vanilla extract
1 c. chopped pecans
⅓ c. brown sugar
2 tsp. cinnamon
½ c. powdered sugar (opt.)
1 T. orange juice (opt.)

In mixing bowl combine the first 6 ingredients. Beat on medium speed for 2 minutes. Pour into a greased 13 x 9-inch baking pan. Combine pecans, sugar and cinnamon; sprinkle over batter. Cut through with a knife to swirl. Bake at 350° for 35 to 40 minutes or until a toothpick inserted near the center comes out clean. In a small bowl combine powdered sugar and orange juice until smooth; drizzle over warm coffee cake, if desired. Serves 12.

PINA COLADA CAKE

1 box Duncan Hines yellow cake mix
4 lg. eggs
3/4 c. water
1/4 c. oil
1 c. coconut
1/3 c. dark rum (80 proof)
1 (3-oz.) pkg. instant coconut cream pudding mix

Icing:

1 c. crushed pineapple with juice
1 (3-oz.) pkg. instant coconut cream pudding
1/3 c. scant rum
9 oz. Cool Whip topping

Blend all ingredients except coconut in mixing bowl. Beat well 4 minutes at medium speed; stir in coconut. Pour into greased and floured 9 x 13-inch pan. Bake at 350° for 30 to 40 minutes or until done. Cool. Serves 15. **Icing:** Combine pineapple with juice, pudding mix and rum; beat well. Gently fold in whipped topping. Put on cooled cake. Store in refrigerator. You may substitute 1 teaspoon rum flavoring instead of using rum in the frosting.

65153-05

Pistachio-Coconut Cake

1 pkg. white cake mix
3/4 c. vegetable oil
3 eggs
1 c. 7-Up or club soda
1 (3-oz.) pkg. pistachio instant pudding
1 c. chopped pecans
1/2 c. coconut

Icing:

2 (3-oz.) env. whipped topping mix
1 1/2 c. milk
1 (3-oz.) pkg. pistachio instant pudding
1/2 c. coconut
3/4 c. chopped pecans

Combine ingredients in order given and mix well. Pour into greased and floured 9 x 13-inch baking pan. Bake at 350° for 45 minutes. **Icing:** Combine topping mix, milk and pudding. Beat until thick. Spread on cake. Sprinkle it with coconut and nuts. Store cake in refrigerator. Serves 12.

Recipe Note: This recipe won a blue ribbon in 1990 at the Kansas State Fair. It was called Watergate Cake. It was also featured in a national woman's magazine.

Poppy Seed Cake

½ c. poppy seed
¾ c. butter
1 ½ c. sugar
2 c. sifted cake flour
2 tsp. baking powder
1 c. milk
4 egg whites, well beaten
1 tsp. vanilla

Filling:

1 T. cornstarch
¾ c. sugar
½ c. chopped nuts
1 tsp. vanilla
1 ½ c. milk
4 egg yolks

Soak poppy seed in milk for 2 hours. Use just enough milk to cover. Cream butter and sugar. Add soaked milk and poppy seed. Sift together flour and baking powder. Add dry ingredients alternately with 1 cup milk, beginning and ending with dry ingredients. Fold in beaten egg whites and vanilla. Bake at 375° for 25 minutes in two (9-inch) layer cake pans. **Filling:** Dissolve cornstarch in a little milk. Add rest of milk, sugar, beaten egg yolks and cook over double boiler until mixture thickens. Add nuts and vanilla; cool. Spread filling between layers. Frost cake with a 7-minute frosting. Serves 12.

Recipe Note: This recipe won a ribbon at the Kansas State Fair.

65153-05

PUMPKIN BARS

4 eggs
2 c. sugar
1 c. vegetable oil
2 c. flour
2 tsp. baking powder
1 tsp. baking soda
2 tsp. cinnamon
1/2 tsp. salt
2 c. pumpkin
1/2 c. chopped nuts

Frosting:

8 oz. cream cheese
1/4 c. margarine, softened
1 T. orange peel
3 c. powdered sugar

Preheat oven to 350°. Grease a jellyroll pan. Beat eggs and sugar together; beat in oil. Sift together the flour, baking powder, soda, cinnamon and salt and beat into egg mixture. Add pumpkin and then nuts. Bake 25 minutes or until done. Cool and cover with **Orange Cream Cheese Frosting:** Beat cream cheese and margarine together until well blended. Add orange peel and powdered sugar and beat until blended and right consistency. May need to add more powdered sugar. Serves 15.

PUMPKIN PIE CAKE

1 (16-oz.) can pumpkin
4 eggs
1 c. sugar
1/2 c. brown sugar
2 tsp. pumpkin pie spice
1/2 tsp. salt
1 (12-oz.) can evaporated milk
1 yellow cake mix
1 c. chopped pecans
1 c. margarine, melted

Mix together the pumpkin, eggs, sugars, spice, salt and milk. Pour into a 9 x 13-inch cake pan. Sprinkle cake mix over top. Pour melted margarine over all, then sprinkle pecans over top. Bake at 350° for 1 hour and 15 minutes. Serve with whipped topping, if desired. Serves 15.

Silver White Cake

2 c. cake flour
1 1/2 c. sugar
3 1/2 tsp. baking powder
1 tsp. salt
1/2 c. shortening
2/3 c. milk
1 tsp. vanilla
1/3 c. milk
4 egg whites, unbeaten

Frosting:

1 lb. powdered sugar
2 egg whites
1 tsp. vanilla or almond flavoring
1/8 tsp. salt
1 T. water
1/3 c. shortening

Sift together into bowl: cake flour, sugar, baking powder, salt. Add shortening and 2/3 cup milk and vanilla and beat for 2 minutes. Then add 1/3 cup milk and unbeaten egg whites and beat for 2 more minutes. Pour into 2 prepared 8- or 9-inch pans. Bake at 350° for about 30 to 35 minutes. **Frosting:** Combine all ingredients together in mixing bowl and blend at low speed until mixed, then beat at high speed for 5 minutes until fluffy. Spread on cake when cool. Serves 15.

Snicker Cake

1 box German chocolate cake mix
1 (14-oz.) bag caramels
1/3 c. milk
1/2 c. margarine
1 c. pecans, chopped
1 c. chocolate chips

Prepare cake mix, using package directions. Pour half the batter into greased 9 x 13-inch baking pan. Bake at 350° for 15 to 20 minutes. While cake is baking, melt caramels, margarine and milk in a saucepan over low heat, stirring constantly. Pour over cake. Sprinkle with nuts and chocolate chips. Pour remaining cake mix over top. Bake 20 minutes at 275°, then 10 minutes at 350°. This cake needs no icing. Serves 12.

65153-05

Sour cream chocolate cake

½ c. butter or margarine
2¼ c. brown sugar
3 eggs
3 (1-oz.) squares unsweetened chocolate, melted & cooled
1 ½ tsp. vanilla
2¼ c. flour
2 tsp. soda
½ tsp. salt
1 c. sour cream
1 c. boiling water

Frosting:

¾ c. butter
½ c. cocoa
4 to 5 c. powdered sugar
¾ c. sour cream
2 tsp. vanilla

In mixing bowl cream butter and brown sugar. Add eggs, one at a time, beating well after each addition. Beat in chocolate and vanilla. Combine flour, baking soda and salt; add to the creamed mixture alternately with sour cream. Add boiling water and carefully mix until smooth. Pour into a greased sheet cake pan or a 9 x 13-inch pan and bake at 350° for 30 to 35 minutes or until done. Cool completely, then frost.
Frosting: In medium saucepan melt butter over low heat; add cocoa powder and stir until melted. Let cool a few minutes. In a mixing bowl combine 4 cups of powdered sugar, sour cream and vanilla. Add chocolate mixture and beat until smooth. May add more powdered sugar to desired spreading consistency. Beat until fluffy. Frost cooled cake. Serves 20.

Cookies & Candy

This & That

Sour cream chocolate sheet cake

2 c. flour
1 tsp. soda
½ c. sour cream
1 tsp. salt
2 c. sugar
3 eggs
1 c. margarine
1 c. water
2 (2-oz.) squares unsweetened chocolate

Icing:

½ c. butter or margarine
⅓ c. milk
1 c. brown sugar
2 (2-oz.) squares unsweetened chocolate
1 c. chopped nuts
1 c. powdered sugar
1 tsp. vanilla

Cake: Combine flour, soda, sour cream, salt, sugar and eggs in a large bowl. Mix until smooth; set aside. In a small saucepan combine margarine, water and chocolate; bring to a boil. Add chocolate mixture to butter; mix very well. Batter will be thin. Pour batter into greased 11 x 17 x 1-inch jellyroll pan. Bake at 350° for 25 minutes. Cool in pan on wire rack. **Icing:** Combine butter, milk, brown sugar and chocolate in heavy saucepan. Bring to a boil; do not stir. Boil for 3 minutes. Pour hot icing onto center of cake; spread gently to outer edges. Cool and cut into squares. Serves 20.

65153-05

Spice Cake

2 c. sugar
$3/4$ c. shortening
2 eggs, beaten
1 tsp. vanilla
3 c. cake flour
$1/2$ tsp. salt
1 tsp. cinnamon
$3/4$ tsp. cloves
$1/2$ tsp. nutmeg
1 c. milk, soured with 2 T. vinegar
1 $1/2$ tsp. baking soda
1 c. boiling water

Cream together sugar and shortening. Add beaten eggs and vanilla. Sift flour with the spices and salt, then add this alternately with the soured milk. Last, add soda to boiling water and mix into butter quickly. Pour into 9 x 13-inch pan or 9-inch round layer pans. Batter will be thin. Bake at 350° for 35 to 40 minutes. Cool and frost with caramel frosting. Serves 12.

Recipe Note: I won several blue ribbons and sweepstakes with this recipe at the Kansas State Fair.

Cookies & Candy

This & That

Toasted Butter Pecan Cake

2 c. chopped pecans, divided
1 1/4 c. butter, divided
3 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
2 c. sugar
4 eggs
1 c. milk
2 tsp. vanilla

Frosting:

1/4 c. butter
1 tsp. vanilla
4 to 6 tsp. cream or milk
1 lb. powdered sugar

Toast pecans in 1/4 cup butter in oven at 350° for about 20 to 25 minutes, stirring frequently. Sift flour, baking powder and salt; set aside. Cream 1 cup butter. Gradually add sugar; cream well. Add eggs, one at a time, beating well after each one. Add dry ingredients alternately with milk, beginning and ending with dry ingredients. Stir in vanilla and 1 1/3 cups pecans. Turn into three (8- or 9-inch) round layer pans, greased and floured. Bake at 350° for 25 to 30 minutes. Cool Spread with frosting. **Frosting:** Cream 1/4 cup butter. Add powdered sugar, then add vanilla and cream or milk until spreading consistency. Stir in remaining 2/3 cup pecans. Serves 12.

Recipe Note: This recipe won a blue ribbon at the 1989 Kansas State Fair.

65153-05

Toasted coconut cake

1 (18.25-oz.) pkg. white cake mix, without pudding
1 (3.5-oz.) pkg. instant French vanilla pudding
1 1/3 c. water
4 eggs
1/4 c. vegetable oil
1 c. pecans, chopped
1 1/3 c. flaked coconut
1 tsp. coconut flavoring

Frosting:

2 1/2 c. flaked coconut, toasted
2 T. butter
1 (8-oz.) pkg. cream cheese, softened
2 tsp. milk
1/2 tsp. vanilla
3 1/2 c. powered sugar

Combine cake mix, pudding mix, water, oil, flavoring and eggs. Beat 4 minutes at medium speed. Stir in pecans and coconut. Bake at 350° for 20 to 25 minutes in 3 greased and floured 9-inch round loaf cake pans. **Frosting:** Combine butter and cream cheese. Beat until light and fluffy. Add powdered sugar, milk and vanilla. Beat until smooth. Add 2 cups coconut. Reserve 1/2 cup coconut for garnish. Serves 12.

Recipe Note: This recipe won a blue ribbon at the Kansas State Fair in 1990.

Twinkie Cake

1 (18¼-oz.) pkg. yellow cake mix
1 (3.4-oz.) pkg. instant vanilla pudding mix
½ c. shortening
1 c. water
4 eggs

Filling:

5 T. flour
1 c. milk
½ c. butter or margarine, softened
½ c. shortening
1 c. sugar
1 tsp. vanilla
½ tsp. salt

In a mixing bowl beat cake mix, pudding mix and shortening on low speed until crumbly. Add the water and eggs; beat on medium for 2 minutes. Pour into a greased and floured 13 x 9 x 2-inch baking pan. Bake at 350° for 35 minutes or until done. Cool for 10 minutes; invert onto a wire rack to cool completely. Meanwhile, in a saucepan, combine flour and milk until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool completely. In a mixing bowl cream the butter, shortening, sugar, vanilla and salt; heat in milk mixture until sugar is dissolved, about 5 minutes. Split cake into two horizontal layers. Spread filling over the bottom layer; replace top layer. Cut into serving-sized pieces. Serves 15.

65153-05

Velvet Honey Spice Cake

2 1/3 c. cake flour
1 1/2 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1 tsp. nutmeg
1 1/2 tsp. cinnamon
1/2 tsp. cloves
3/4 c. butter, softened
1 c. honey
3 egg yolks
5/8 c. buttermilk
3 egg whites

Sift flour and resift with baking powder, soda, salt, nutmeg, cinnamon, cloves. Cream butter with honey; beat in egg yolks. Add sifted ingredients alternately with buttermilk until smooth. Whip until stiff, but not dry the egg whites. Fold lightly into batter. Bake in prepared 9 x 13-inch pan for 40 minutes or until done in 350° oven. May also use a greased 9-inch tube pan. Serves 12.

Recipe Note: This recipe won a blue ribbon at the Kansas State Fair in 1990.

Whipping Cream Pound Cake

2 1/2 c. sugar
1/2 lb. butter, softened
7 lg. eggs (room temp.)
3 c. cake flour, sifted
1 c. whipping cream
2 tsp. vanilla

Grease and flour a 10-inch tube pan. Thoroughly cream together butter and sugar. Add eggs, one at a time, beating well after each. Mix in half the flour, then the whipping cream, then the rest of the flour. Stir in vanilla. Pour batter into prepared pan. Set in cold oven. Turn heat to 350°. Bake 60 to 70 minutes or until tester comes out clean. Cool 10 minutes in pan; remove. Cool totally, bottom side up. Serves 20.

Recipe Note: This recipe was a second place ribbon in 1990 at the Kansas State Fair.

WHITE CHOCOLATE CAKE

¼ c. white chocolate
½ c. hot water
1 c. butter
1 c. sugar
4 eggs, separated
1 tsp. vanilla
2½ c. sifted cake flour
1 tsp. soda
1 c. buttermilk
1 c. pecans, chopped
1 c. coconut

Icing:

1 sm. can evaporated milk
1 c. sugar
4 T. butter
3 egg yolks, slightly beaten
1 tsp. vanilla
1 c. coconut
1 c. chopped pecans

Melt chocolate in hot water; set cool. Cream together butter and sugar until fluffy. Add egg yolks, one at a time, beating well after each addition. Add melted chocolate and vanilla. Sift flour and soda together and add to mixture alternately with buttermilk. Fold in egg whites, beaten stiff, but not dry. Gently stir in chopped pecans and coconut. Pour in greased and floured 9-inch round cake pans. Bake in 350° oven for about 25 to 30 minutes. Cool icing before frosting. **Icing:** Mix evaporated milk, sugar and butter together in a saucepan and bring to a boil, stirring constantly. Into beaten yolks, blend a small amount of the cooked mixture, stirring quickly to prevent egg coagulation, then blend back into the mixture. Add vanilla and cook over low heat until thick, about 15 minutes. Remove from heat and add coconut and nuts. Beat until fluffy and of spreading consistency. Serves 15.

Recipe Note: This recipe was from my Grandma Ruby Westfahl.

65153-05

White sheet cake

1 c. butter or margarine
1 c. water
2 c. all-purpose flour
2 c. sugar
2 eggs, beaten
½ c. sour cream
1 tsp. vanilla extract
½ tsp. almond extract
1 tsp. salt
1 tsp. baking soda

Frosting:

½ c. butter or margarine
¼ c. milk
4½ c. powdered sugar
1 tsp. almond extract
1 c. chopped pecans

In a saucepan bring butter and water to a boil. Remove from the heat; stir in flour, sugar, eggs, sour cream, almond and vanilla extract, salt and baking soda until smooth. Pour into a greased 15 x 10 x 1-inch baking pan. Bake at 375° for 20 to 22 minutes or until cake tests done. Cool for 20 minutes. **Frosting:** Combine butter and milk in a saucepan. Bring to a boil. Remove from heat. Add sugar and extract and mix well. Stir in nuts; spread over warm cake. Serves 20.

White sour cream cake

3 eggs
1 ⅓ c. sugar
1 tsp. vanilla
¼ tsp. almond flavoring
2¼ c. flour
1 ½ tsp. baking powder
½ tsp. salt
1 ½ c. sour cream
¾ tsp. soda

Beat eggs and sugar gradually; stir in flavorings. Sift together flour, baking powder and salt; add alternately with sour cream to which has been added to the soda. Mix well and pour into greased and floured 9 x 13-inch baking pan. Bake at 350° for 35 to 40 minutes or until tests done. Frost with a caramel icing. Serves 12.

Zucchini Cake

2½ c. flour
2 c. sugar
1 ½ tsp. ground cinnamon
1 tsp. salt
½ tsp. baking powder
½ tsp. soda
1 c. vegetable oil
4 eggs
2 c. shredded zucchini
1 c. chopped pecans

Frosting:

1 (8-oz.) pkg. cream cheese, softened
¼ c. margarine, softened
1 tsp. vanilla
4 c. powdered sugar

In a mixing bowl combine flour, sugar, cinnamon, salt, baking powder and soda. Combine oil and eggs; add to dry ingredients and mix well. Add zucchini; stir until thoroughly combined. Stir in nuts. Pour into a greased 15 x 10-inch baking pan. Bake at 350° for about 35 minutes or until done; cool. **Frosting:** In a small mixing bowl beat cream cheese and margarine until smooth. Add vanilla. Add powdered sugar and mix until smooth. Frost cake. Sprinkle with nuts, if desired. Serves 20.

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Zucchini Spice Cake

3 eggs
1 1/3 c. sugar
1/2 c. orange juice
1/2 c. vegetable oil
1 tsp. almond extract
2 1/2 c. flour
2 tsp. cinnamon
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1/2 tsp. ground cloves
1 1/2 c. shredded zucchini

Caramel Frosting:

1 c. brown sugar
1/2 c. margarine or butter
1/4 c. milk
1 tsp. vanilla extract
1 1/2 to 2 c. powdered sugar

In a mixing bowl beat eggs, sugar, oil, orange juice and extract. Combine dry ingredients; add to the egg mixture and mix well. Add zucchini and mix well. Pour into greased 9 x 13-inch pan and bake at 350° for 30 minutes or until done. Cool completely, then frost. **Frosting:** Combine brown sugar, butter and milk in a saucepan; bring to a boil over medium heat. Cook and stir for 2 minutes. Remove from the heat; stir in vanilla. Cool to lukewarm. Gradually beat in powdered sugar until the frosting reaches desired spreading consistency. Frost cake. Serves 12.

Cocoa Frosting

6 T. butter, softened
1/2 to 3/4 c. cocoa
1/3 c. milk
2 2/3 c. powdered sugar
1 tsp. vanilla

Cream butter in mixing bowl. Add cocoa and powdered sugar alternately with milk; beat to spreading consistency (may need to add a little more milk). Blend in vanilla. Makes about 2 cups frosting. You may double recipe for larger cakes. Makes 1 cake.

8-14

Cooked frosting for red velvet cake

1 c. milk
1/4 c. flour
1 c. butter
1 c. sugar
1 tsp. vanilla

In saucepan mix flour and milk; cook, stirring constantly to a paste. Set aside and cool. In mixing bowl cream butter and sugar until light and fluffy. Add vanilla and cooled milk paste; beat until creamy and no sugar crystals remain. Spread on cake. Makes 1 cake.

Never-fail caramel icing

3 T. butter
6 T. brown sugar
6 T. white sugar
1/2 c. sweet cream
9 lg. marshmallows, cut up
1 1/2 tsp. vanilla
1 1/2 c. powdered sugar

Combine butter, brown sugar and white sugar. Cream together in medium saucepan. Bring to a boil and cook rapidly for 2 minutes. Remove from heat, add marshmallows and stir until dissolved. Add vanilla and powdered sugar. Stir until smooth and thick enough to spread. May have to add more powdered sugar if not thick enough. Spread on cake. Also good on cinnamon rolls. Serves 15.

Recipe Note: This recipe was given to me by Mary Bontrager.

65153-05

Apple Crisp

6 to 8 tart apples
1 tsp. lemon juice
¼ c. water
⅔ c. sugar
1 tsp. cinnamon

Topping:

¾ c. quick oatmeal
½ c. flour
1 c. brown sugar
1 tsp. cinnamon
½ c. margarine, melted

Peel and slice apples. Place into a 7 x 11-inch baking pan. Add lemon juice and water; mix sugar and cinnamon. Sprinkle over apples. **Topping:** Mix topping ingredients together until crumbly. Crumble over apples. Bake at 350° for about 40 to 45 minutes. Tastes great served with ice cream or whipped cream. Serves 6.

Apple Kuchen

1 (18.5-oz.) pkg. yellow cake mix
½ c. margarine
½ c. coconut
2½ c. sliced apples (tart are best)
½ c. sugar
1 tsp. cinnamon
1 c. sour cream
1 egg

Cut margarine into cake mix until crumbly; mix in coconut. Pat mixture into ungreased 9 x 13 x 2-inch pan, building up edges. Bake 10 minutes at 350°. Arrange apple slices on warm crust. Mix sugar and cinnamon together; sprinkle on apples. Blend sour cream and egg; drizzle over apples. Bake 25 minutes more or until edges are light brown; don't overbake. Serve with whipped cream or ice cream. Butter cake mix can also be used. Serves 12.

Australian cheesecake

2 cans (8-count) crescent rolls
1 c. sugar
16 oz. cream cheese
½ c. margarine, melted
1 tsp. cinnamon
2 T. sugar

Press 1 can of the crescent rolls into a 9 x 13-inch baking pan, sealing all edges. Combine 1 cup sugar and cream cheese until light and fluffy; spread over dough. Cover top with the other can of rolls. Drizzle with margarine. Combine cinnamon and 2 tablespoons sugar and sprinkle over margarine. Bake at 350° for 30 minutes. Serves 15.

Recipe Note: Mom gave me this recipe and says it is delicious.

Busy day cobbler

½ c. margarine
1 c. sugar
1 c. flour
1 ½ tsp. baking powder
¼ tsp. salt
⅔ c. milk
2 c. fruit (sliced peaches)
¼ c. sugar

Melt margarine in 11 x 7-inch baking pan. In bowl combine 1 cup sugar, flour, baking powder and salt. Add milk and stir until smooth. Pour over melted margarine in baking pan; do not stir. Put fruit over batter and sprinkle ¼ cup sugar over peaches. May use different fruits such as blackberries or cherries. Bake in 350° oven for 30 to 40 minutes or until golden brown. You may serve it plain or with whipped cream or ice cream. Serves 8.

65153-05

Butterscotch Cream Crunch

1 c. flour
$1/4$ c. sugar
$1/2$ c. margarine
1 c. coconut
1 (4-oz.) pkg. instant butterscotch pudding
1 $3/4$ c. milk
1 c. sour cream
1 c. whipped topping

Preheat oven to 350°. Combine the flour, sugar, margarine and coconut; blend until crumbly. Put in ungreased 9-inch pan. Bake 20 to 30 minutes until golden brown, stirring occasionally; cool. Reserve 1 cup cooled crumb mixture. Press remaining crumbs over bottom of pan. Prepare pudding mix with 1 $3/4$ cups milk. Add sour cream and blend well. Pour over crumb mixture. Top with whipped topping. Chill 1 to 2 hours. Sprinkle reserved crumbs over dessert and serve. May use different flavors of pudding. Serves 8.

Cherry Almond Cheesecake

1 c. ground almonds
$1/3$ c. graham cracker crumbs
$1/4$ c. butter, melted
3 (8-oz.) pkgs. cream cheese, softened
1 (14-oz.) can sweetened condensed milk
3 eggs
1 (21-oz.) can cherry pie filling, divided

In a small bowl combine almonds and cracker crumbs; stir in butter. Press onto the bottom of a greased 9-inch springform pan; set aside. In a mixing bowl beat the cream cheese and milk until smooth. Add eggs; beat on low just until combined. Pour into prepared crust. Refrigerate $1/2$ cup pie filling for garnish. Drop remaining pie filling by teaspoonfuls onto cream cheese mixture; cut through batter with a knife to swirl the filling. Bake at 325° for 50 to 55 minutes or until center is almost set. Cool on wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Chill overnight. Remove sides of pan. Cut cheesecake into slices; garnish with reserved pie filling. Refrigerate leftovers. Serves 12.

Chocolate peanut delight

1 brownie recipe (your favorite)
1 (8-oz.) pkg. cream cheese, softened
1 c. peanut butter
1 c. powdered sugar
1 (14-oz.) can sweetened condensed milk
1 ½ tsp. vanilla
1 (16-oz.) ctn. frozen whipped topping, thawed, divided
½ c. semi-sweet chocolate chips
1 T. butter or margarine
½ tsp. vanilla

Prepare your favorite brownie recipe in a 9 x 13-inch baking pan. Let cool. In a mixing bowl beat the cream cheese, peanut butter, sugar, condensed milk and vanilla until smooth. Fold in 3 cups whipped topping. Spread over the crust; top with the remaining whipped topping and peanuts. In a microwave-safe bowl heat the chocolate chips and butter on high for 1 minute or until melted. Stir in vanilla until smooth; drizzle over cake. May need to add a little milk if too thick. Refrigerate for 2 to 3 hours before cutting. Serves 15.

Custard

4 eggs
½ c. sugar
Dash of salt
1 ½ tsp. vanilla
3 c. milk, scalded
Dash of nutmeg

Slightly beat eggs, add sugar, salt, vanilla and heat until smooth with wire whip. Continue beating while adding scalded milk. Pour into a 1 ½-quart baking dish and sprinkle with nutmeg. Set dish in a pan of water and put in oven. Bake for about 30 minutes at 350°. Custard is done when knife blade is inserted in middle of custard and comes out clean. Serves 8.

Recipe Note: When I was a child, my Grandma Westfahl would bring custard to me if I were sick. She said it would help me get better.

65153-05

French cherry dessert

3 egg whites, beaten
1 c. sugar
20 soda crackers, crushed
1 pkg. Dream Whip
½ c. powdered sugar
1 ½ tsp. vanilla
1 tsp. vanilla
1 tsp. vinegar
1 tsp. baking powder
½ c. pecans, chopped
1 (8-oz.) pkg. cream cheese, softened
1 can cherry pie filling

Beat egg whites until stiff. Gradually add sugar and beat. Mix crackers, 1 teaspoon vanilla, vinegar, baking powder and pecans. Add to egg mixture. Spread in 9 x 13-inch buttered baking dish. Bake at 325° for 20 minutes; cool. Prepare instant topping mix according to directions on package. Add powdered sugar, vanilla and cream cheese. Beat until smooth. Spread over baked egg whites. Spoon cherry pie filling over cream cheese layer. Serves 12.

Fruit pizza

1 (20-oz.) pkg. refrigerated sugar cookie dough
1 (8-oz.) pkg. cream cheese
¼ c. powdered sugar
1 (8-oz.) ctn. frozen whipped topping, thawed
Assorted fresh fruit

Pat cookie dough into an ungreased 14-inch pizza pan. Bake at 375° for 10 to 12 minutes or until browned; cool. Or you may use your own sugar cookie recipe. In a mixing bowl beat the cream cheese and powdered sugar until smooth. Fold in whipped topping. Spread over crust. Arrange the fruit on top. I have also just used a can of pie filling over cream cheese and topped with additional whipped cream. Serves 6.

Ice cream

6 eggs
3 c. sugar
1 qt. cream
Pinch of salt
3 T. vanilla
Milk

In large mixing bowl beat eggs, slowly add sugar and beat until light and fluffy. Add salt and flavorings and cream and mix well. Pour into 6-quart freezer and add milk to fill within 3 inches from top or according to manufacturer's directions. Freeze according to directions. Can substitute flavors by adding 1 package of unsweetened strawberry Kool-Aid and 1 quart of sliced strawberries for strawberry ice cream. Or add chopped up candy bars such as Snickers, Heath or Butterfinger to vanilla flavor. For peach flavor, I add 1 small box of peach Jello and whip it with the sugar and then add 1 quart of sliced peaches with the milk. Serves 12.

Ice cream dessert

1/4 c. margarine
1 c. coconut
1 c. crushed Rice Krispies
1/4 c. brown sugar
1/4 c. chopped nuts
1/2 gal. vanilla ice cream, softened

Melt margarine in frying pan. Add coconut. Stir constantly until coconut is toasted. Cool. Watch closely; it can burn easily. Add Rice Krispies, brown sugar and nuts to the coconut mixture. Pat 3/4 of mixture in a 12 x 8-inch pan. Spread on ice cream. Sprinkle the rest of the crumbs on top. Freeze. Serves 12.

65153-05

Rhubarb Crunch

6 c. diced fresh rhubarb
1 1/2 c. sugar
1/4 c. flour
1 c. brown sugar
1 c. rolled oats
1 1/2 c. flour
1/2 c. butter
1/2 c. shortening

Combine rhubarb, sugar and flour and place in 9 x 13-inch pan baking dish. In a bowl combine brown sugar, oats, flour; cut in shortening and butter. Sprinkle over rhubarb mixture. Bake at 375° for about 40 minutes. Serves 10.

Rhubarb Dessert

4 c. diced rhubarb
1 (3-oz.) pkg. strawberry or raspberry Jello
3/4 c. sugar
1 (18-oz.) pkg. white or yellow cake mix
4 T. margarine, melted
1 c. cold water

Preheat oven to 350° and grease a 9 x 13-inch baking pan. Cover pan with rhubarb pieces. Sprinkle dry Jello over rhubarb, then sugar and then dry cake mix. Drizzle with margarine and then cold water. Bake 45 minutes. Serves 12.

Cookies & Candy

This & That

Strawberry Cream Delight

1 c. flour
¼ c. brown sugar
½ c. margarine
1 c. pecans, chopped

Filling:

1 (8-oz.) pkg. cream cheese
¼ c. strawberry jam
1 (14-oz.) can sweetened condensed milk
2 c. chopped strawberries
12 oz. whipped topping

In bowl combine flour and brown sugar, cut in margarine until crumbly and add nuts. Press mixture in bottom of 8 x 12-inch pan and bake in 350° oven for 15 minutes. Let cool. In mixing bowl combine cream cheese and jam and cream well. Add milk and strawberries and beat well. Mix in whipped topping and pour in cooled crust and freeze. Garnish with sliced strawberries, if desired. Serves 12.

Sundae Dessert

25 Oreo cookies, crushed
2 T. margarine
½ gal. ice cream (vanilla)
2 squares Baker's unsweetened chocolate
1 c. evaporated milk
½ c. margarine
1 c. sugar
9 oz. Cool Whip

Crush the cookies; save a few crumbs for topping. Melt the margarine and mix with the crumbs. Pat into a 9 x 13-inch pan. Freeze. Then soften the ice cream and place over the frozen crumbs. Freeze again. Then combine the chocolate, milk, margarine and sugar in a medium saucepan. Bring to a boil, stirring constantly. Then cook over low heat about 20 minutes until it thickens. Cool to room temperature. Pour over the ice cream. Freeze. Top with Cool Whip and the Oreo crumbs. Freeze. Serves 12.

65153-05

Apple cream pie

3 c. finely cut tart apples
1 c. brown sugar
1 c. cream
1/4 tsp. salt
1 T. flour, rounded
1 (9-in.) unbaked pie shell

Combine brown sugar, flour, salt and cream; mix with apple slices. Pour in unbaked pie shell. Sprinkle top with cinnamon. Bake in 450° oven for 15 minutes, then reduce heat to 325° for 30 to 40 minutes longer. When pie is about half done, take a knife and push top apples down to soften. Serves 6.

Apple pie

6 to 8 tart apples
3/4 c. sugar
1 T. cornstarch, rounded
1 tsp. cinnamon
Pinch of nutmeg
Pinch of salt
1 T. margarine
1 (9-in.) pie shell with top crust

In bowl mix together the sugar, cornstarch, cinnamon, nutmeg and salt. In another large bowl peel and slice apples thin. Add sugar mixture and stir together. Let set while making pastry. Add apple mixture in pie shell. Dot with margarine. Cover with top pastry crust. Cut slits in top crust. Sprinkle with sugar and bake at 350° for about 50 minutes. I like to use Jonathan apples. If they are too dry, you may have to add 1 tablespoon of water to apple mixture when putting in pie shell. Serves 6.

Best peach pie

Crust:

- ½ c. butter or margarine
- 1 ½ c. flour
- ½ tsp. salt

Filling:

- 4 c. fresh sliced peaches
- 1 c. sugar
- 2 T. flour
- 1 egg
- ¼ tsp. salt
- ½ tsp. vanilla
- 1 c. sour cream

Topping:

- ⅓ c. sugar
- ⅓ c. flour
- ¼ c. margarine
- 1 tsp. cinnamon

Crust: Cut butter into flour and salt. Press dough into a 10-inch pie plate. **Filling:** Sprinkle ¼ cup of the sugar into peaches; let stand while preparing rest of filling. Combine remaining ¾ cup of sugar with flour and salt. Stir in egg, vanilla and sour cream. Stir in peaches. Pour into crust. Bake at 400° for 15 minutes, then 350° for 20 minutes. **Topping:** Combining all ingredients together. Sprinkle on top of pie and bake another 15 minutes at 400°. Serves 8.

Caramel pie

- 3 T. butter
- ½ c. hot water
- ½ tsp. soda
- 1 ½ c. brown sugar
- 2½ c. milk
- 4 T. flour
- 3 T. cornstarch
- 2 egg yolks
- ½ c. sugar
- ½ tsp. salt
- ½ tsp. vanilla
- 1 (10-in.) baked pie shell

In medium saucepan boil together the butter, water, soda and brown sugar until brown. Then add milk; bring to a boil. Then add a thickening made of the following: flour, cornstarch, egg yolks, white sugar and salt. Use a little of the milk before heating it. Bring to a boil and cook for 2 minutes. Add vanilla. Pour into baked pie shell and top with whipped topping. Serves 6.

Cherry pie

1 qt. sour pie cherries
1 ½ c. sugar
2 T. clear gel, heaping
Few drops red food coloring (opt.)
¼ tsp. almond flavoring
¼ tsp. cherry flavoring (opt.)
1 T. margarine
1 (9-in.) pie shell, with top crust

In saucepan combine cherries with juice, sugar and clear gel that has been combined and food coloring; cook and stir until thickened. Add flavorings and margarine; stir until margarine is melted. Pour into pie shell. Dot with 1 tablespoon of margarine. Cover with top crust. Cut slits in top to vent. Sprinkle with sugar and bake for 45 to 50 minutes until nicely browned. Serves 6.

Chocolate caramel supreme pie

30 caramels
3 T. margarine
2 T. water
1 (9-in.) chocolate crumb crust
½ c. chopped pecans, toasted
1 (8-oz.) pkg. cream cheese, softened
⅔ c. powdered sugar
⅔ c. semi-sweet chocolate chips
3 T. hot water
1 (8-oz.) ctn. frozen whipped topping, thawed

In medium bowl combine the caramels, margarine and water and microwave at 70% power for 2 minutes, stirring until smooth. Spread over crust; sprinkle with pecans. Refrigerate for 1 hour. In a mixing bowl beat cream cheese and powdered sugar until smooth. Spread one-half of mixture over caramel layer and refrigerate pie; set aside remaining cream cheese mixture. In a saucepan or microwave container melt chocolate chips with water on low heat; stir until smooth. Cool slightly. Add to cream cheese and stir until smooth. Fold in whipped topping. Spread over cream cheese layer in pie.. Garnish with chocolate hearts or curls, if desired. Chill until serving. Serves 8.

Chocolate Cream Pie

1 $1/2$ c. sugar
$1/3$ c. flour
3 T. baking cocoa
$1/2$ tsp. salt
1 $1/2$ c. water
1 (12-oz.) can evaporated milk
5 egg yolks, beaten
$1/4$ c. butter or margarine
1 tsp. vanilla
1 (9-in.) pastry shell, baked
Whipped topping

In a large saucepan combine sugar, flour, cocoa, salt, water and milk until smooth. Cook and stir over medium-high heat until thickened and bubbly, about 2 minutes. Reduce heat; cook and stir 2 minutes longer. Remove from the heat. Stir 1 cup hot mixture into egg yolks. Return all to the pan; bring to a gentle boil, stirring constantly. Remove from the heat; stir in butter and vanilla. Cool slightly. Pour warm filling into pastry shell. Cool for 1 hour. Refrigerate until set. Just before serving, garnish with whipped topping. Serves 6.

65153-05

COCONUT CREAM PIE

3 c. milk
2/3 c. sugar
2 T. flour, rounded
2 T. cornstarch
3 eggs, separated
1/8 tsp. salt
1 T. butter
1 tsp. vanilla
1/2 tsp. coconut flavoring
3/4 c. coconut
1 (9-in.) baked pie shell

Meringue:

1 T. cornstarch
1/2 c. water
3 egg whites
6 T. sugar
1 tsp. white vanilla
Dash of salt

Combine sugar, flour, cornstarch and salt in medium-sized saucepan. Add milk slowly and stir. Stir in slightly beaten egg yolks. Cook over medium to low heat, stirring all the time until thickened. Cook for 2 minutes and remove from heat. Add butter and vanilla and stir in coconut. Pour into baked pie shell and cover with meringue. Garnish with a sprinkle of coconut over the top. Bake in oven at 375° until meringue is lightly browned. Let cool. Refrigerate pie. **Meringue:** Combine cornstarch and water. Cook until clear. Cool slightly. Beat egg whites and salt to soft rounded peaks. Add sugar gradually and continue beating at high speed until fairly stiff; add vanilla and salt. Add slightly warm cornstarch mixture to meringue and beat on high speed until very stiff. Spoon onto warm filling in crust and seal edges. Serves 6.

10-28-07

FROZEN LEMON PIE

3 eggs
1/2 c. sugar
1/4 c. lemon juice
1 tsp. grated lemon rind
Pinch of salt
3 c. Cool Whip
8- or 9-in. graham cracker crust

Beat and cook in a saucepan over low heat the eggs, sugar, lemon juice and rind, salt. Cook and stir constantly until thick and creamy; let cool. Stir in whipped cream when cool and place in a graham cracker crust. Freeze. May also use vanilla wafer crumbs instead of graham crackers for crust. Serves 8.

Fruit pie crumb topping

$^{3}/_{4}$ c. flour
$^{3}/_{4}$ c. quick oatmeal
$^{2}/_{3}$ c. brown sugar
$^{1}/_{2}$ c. butter, melted
$^{1}/_{2}$ tsp. soda
$^{1}/_{4}$ tsp. salt
1 tsp. cinnamon

Mix dry ingredients together in bowl. Add melted butter and mix thoroughly until all the dry ingredients are moistened. This makes enough crumbs for about 2 pies. Serves 12.

Recipe Note: This is really good on apple and peach pie.

Lemon meringue pie

1 c. sugar
$^{1}/_{4}$ c. cornstarch
3 T. flour
$^{1}/_{4}$ tsp. salt
2 c. water
3 egg yolks, beaten
1 T. butter or margarine
$^{1}/_{4}$ c. lemon juice
1 tsp. grated lemon peel
1 (9-in.) pastry shell, baked

Meringue:

1 T. cornstarch
1 $^{1}/_{2}$ T. cold water
$^{1}/_{2}$ c. boiling water
3 egg whites
6 T. granulated sugar
1 tsp. white vanilla

In a medium saucepan combine sugar, cornstarch, flour and salt. Gradually stir in water. Cook and stir over medium heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes more. Remove from the heat. Gradually stir 1 cup into egg yolks; return all to saucepan. Bring to a boil. Cook and stir for 2 minutes. Remove from the heat. Stir in the butter, lemon juice and peel until smooth. Pour into pastry shell. **Meringue:** Preheat oven to 350°. Dissolve cornstarch in cold water. Add boiling water and cook until clear; cool. Beat egg whites. When egg whites stand in soft peaks, beat in cooled cornstarch paste. Continue beating until firmer peaks are formed. Gradually add sugar, then vanilla, beating continually. Pile meringue on pie, sealing edges of crust with the meringue. Bake until nicely browned, about 10 minutes. Serves 8.

65153-05

Never-fail pie crust

3 c. flour
1 tsp. salt
1 1/4 c. shortening or 1 c. lard
1 egg, well beaten
5 T. cold water
1 T. white vinegar

Cut shortening into flour and salt until well blended. Combine egg, vinegar and water in small bowl. Pour liquid into flour mixture all at once. Mix until all flour is moistened and forms a ball. Handle lightly. Roll out. Makes 2 to 3 single crusts for pie. Makes a flakier crust if lard is used. Will keep in refrigerator for several days. I like to fill several pie plates and store in freezer until needed. Makes 3 pie shells.

Peach pie

1 (9-in.) pie shell with top crust
4 c. fresh slice peaches
1 c. sugar
2 T. clear gel, heaping
1/4 tsp. almond flavoring
1 T. margarine
1 to 2 T. sugar (for sprinkling)

Pastry: In large bowl combine peaches, sugar and clear gel that has been mixed and flavoring and stir together. Let set for a few minutes so some of the sugar dissolves. Pour into pie shell. Dot with margarine. Seal with top crust. Cut slits in top crust to vent; sprinkle with sugar. Bake in 350° oven for 50 to 60 minutes or until golden brown on top. Serves 6.

Recipe Note: When peaches are in season, I will prepare several pies. Do all steps before baking the pie and cutting slits on crust. Then I will place raw pie in plastic bag and place in freezer. When you are ready to bake it, take the pie out of the freezer the night before and put in refrigerator. In the morning, cut slits on top crust and put the pie in the oven and bake. It will taste just like fresh made.

Peanut butter pie

1 (9- or 10-in.) baked pie shell
½ c. crunchy peanut butter
⅔ c. powdered sugar

Cream Filling:

⅔ c. sugar
3 T. cornstarch
1 T. flour, rounded
Pinch of salt
3 egg yolks
3 c. milk
2 T. butter
1 tsp. vanilla
~~Vanilla~~ Whipped topping

Combine peanut butter and sugar until crumbly; spread over bottom of pie shell, reserving 2 tablespoons of garnish. Make filling by combining sugar, cornstarch, flour, salt, egg yolks, milk and butter in medium saucepan; bring to a boil, stirring constantly. Cook for 2 minutes. Remove from heat; add vanilla. Pour cream filling over peanut crunch layer and let cool. Refrigerate. When ready to serve, cover with whipped topping and garnish with peanut butter crumbs. Serves 6.

Pecan pie

3 eggs, well beaten
Pinch of salt
¾ c. light brown sugar
1 c. light corn syrup
1 tsp. vanilla
2 T. butter, melted
1 ½ c. pecans
9-in. unbaked pie shell

In medium bowl beat eggs, salt and brown sugar together. Add corn syrup and mix well. Add vanilla and butter and mix well. Stir in pecans. Either whole or chopped pecans can be used. Pour into 9-inch unbaked pie shell. Bake 10 minutes at 400°, then bake at 350° for 35 to 40 minutes, until done. I shield the edges of the pie with aluminum foil so it doesn't brown too much. Serves 6.

Recipe Note: This recipe is from Mary Bontrager and it is the best Pecan Pie I have ever had. When making pecan pie, make sure to mix the brown sugar and eggs together well before adding the syrup.

68153-05

Raisin cream pie

1 c. raisins
1 c. sugar
1 c. milk
3 eggs
2 T. flour (heaping)
1 T. butter
1 tsp. vanilla
1 (9-in.) baked pie shell

In saucepan put raisins and just cover with water. Bring to a boil and let stew for a few minutes until soft. Remove from heat. Combine sugar and flour; add to raisins with milk. Separate eggs and add yolks; stir until smooth. Bring to a boil, stirring constantly; cook for 2 minutes. Remove from heat and add butter and vanilla. Pour into a baked pie crust. Cover with meringue or whipped cream. Serves 6.

Rhubarb pie

1 1/2 c. rhubarb, sliced thin (fresh)
1 c. sugar
3/4 c. cream or half & half
1 egg
4 single saltine crackers, crushed
1 (9-in.) unbaked pie shell

Mix all ingredients together and let stand about 15 to 20 minutes in bowl. Pour into 9-inch pie shell and bake at 375° about 45 minutes or until done. Serve with whipped cream or ice cream. Refrigerate pie. Serves 6.

Sour cream lemon pie

1 c. sugar
3½ T. cornstarch
1 T. lemon rind, grated
½ c. fresh lemon juice
3 egg yolks, slightly beaten
1 c. milk
¼ c. butter
1 c. cultured sour cream
1 baked (9-in.) pie shell
Whipped topping
Lemon twists (for garnish)

Combine sugar, cornstarch, lemon rind, juice, egg yolks and milk in heavy saucepan; cook over medium heat until thick. Stir in butter and cool mixture to room temperature. Stir in sour cream and pour filling into pie shell. Cover with whipped cream and garnish with lemon twists. Store in refrigerator. Serves 6.

Recipe Note: This pie won a second place ribbon at the Kansas State Fair. Be sure to use fresh lemon juice for best taste.

Snicker candy bar pie

9-in. partially baked pie shell
½ c. sugar
12 oz. cream cheese
2 eggs
⅓ c. sour cream
⅓ c. crunchy peanut butter
½ tsp. vanilla
6 regular-sized Snicker candy bars
Whipped topping
⅓ c. semi-sweet chocolate chips, melted
1 T. cream

Cream together sugar and cream cheese, then add eggs and vanilla; beat well. Add sour cream and peanut butter and mix well; set aside. Cut up 5 Snicker candy bars and put in pie shell that has been partially baked. Pour cream cheese mixture over candy bars and bake 30 to 40 minutes at 325° until set. Let cool. In small bowl combine chocolate chips that have been melted with cream. Drizzle over top of pie. Garnish with whipped topping and remaining candy bar that has been sliced. This is a very rich pie but good. Serves 8.

Recipe Note: Won second place at the Kansas State Fair one year.

65153-05

Strawberry Pie

1 ½ qt. fresh strawberries
1 c. sugar
3 T. cornstarch
½ c. water
1 T. butter
Whipped topping
1 (9-in.) baked pie shell

Crush berries for 1 cup. Combine sugar and cornstarch. Add berries and water. Cook over medium heat, stirring constantly until mixture boils for 2 minutes. Will be thickened. Remove from heat; stir in butter and cool. Place whole berries in pie shell. Pour cold mixture over berries. Chill for 2 hours. Top with whipped topping before serving. Serves 6.

Velvety Custard Pie

4 slightly beaten eggs
½ c. sugar
¼ tsp. salt
1 tsp. vanilla
2½ c. hot milk
1 (9-in.) unbaked pie shell

Mix with whip the eggs and sugar. Mix until just blended; do not overbeat. Add salt and vanilla. Slowly stir scalded milk into mixture, stirring continuously. Pour into pie shell. Sprinkle with nutmeg, if desired. Bake at 425° for 5 minutes. Reduce heat to 375° and bake about 30 minutes longer or until knife inserted halfway between center and edge comes out clean. I shield edges of pie with a strip of aluminum foil while baking. Serves 6.

Recipe Favorites

Cookies & Candy

Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.

- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.

- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.

- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.

- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.

- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.

- Tin coffee cans make excellent freezer containers for cookies.

- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleaning is also easier.

- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.

- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.

- Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.

- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.

COOKIES & CANDY

Almond Joy Bars

2 c. graham cracker crumbs
½ c. butter, melted
¼ c. powdered sugar
2 c. coconut
1 (14-oz.) can sweetened condensed milk
1 c. roasted whole almonds
1 lg. (7-oz.) Hershey almond bar

Combine graham crackers, butter and powdered sugar and press in a 7 x 11-inch baking pan. Bake for 10 minutes at 350°. Combine coconut and condensed milk in a bowl and spread over crust. Bake for 15 minutes more. Remove from oven and sprinkle with almonds and spread melted chocolate bar over top. Cut in bars while still warm. Serves 15.

Angel cookies

½ c. shortening
½ c. butter
½ c. brown sugar
¾ c. sugar
1 egg
1 tsp. vanilla

1 ½ c. flour
½ c. whole-wheat flour
1 tsp. soda
1 tsp. baking powder
½ tsp. salt

In a large mixing bowl cream together the shortening, butter and sugars; add egg and vanilla. Sift together the dry ingredients and to mixture; mix well. Form into 1-inch balls, dip in water, then roll in sugar. Place on greased baking sheet and bake for 10 to 12 minutes at 400°. Makes 4 dozen.

Brownies

½ c. cocoa
1 c. butter or margarine
2 c. sugar
1 tsp. vanilla
4 eggs

1 ½ c. flour
½ c. pecans
½ c. peanut butter chips or chocolate chips
Sprinkles or toffee bit chips

Melt butter; stir in cocoa. Add sugar and stir until blended. (Don't use a mixer.) Add eggs and vanilla; mix well. Stir in flour; add nuts and chips. Pour into a greased 9 x 13-inch pan and bake for 25 minutes at 350°. May double recipe and put in large sheet pan. Put sprinkles on top of batter before baking, if desired. Serves 15.

65153-05

Butterfinger cookies

1 c. butter, softened
1 1/2 c. sugar
1 1/4 c. brown sugar
2 eggs
2 1/2 c. chunky peanut butter
2 tsp. vanilla extract
2 c. flour
1 tsp. baking soda
1/2 tsp. salt
10 Butterfinger candy bars (2.1-oz. each), chopped

In a large mixing bowl cream butter and sugars. Add eggs; beat well. Blend in peanut butter and vanilla. Combine flour, soda and salt; add to creamed mixture and mix well. Stir in candy bars. Shape into balls or drop and place on greased baking sheets. Bake at 350° for 10 to 12 minutes or until golden brown. Cool on wire racks. Makes 8 dozen.

Candy bar brownies

3/4 c. butter or margarine, melted
2 c. sugar
4 eggs
2 tsp. vanilla extract
1 1/2 c. flour
1/3 c. baking cocoa
1/2 tsp. baking powder
1/4 tsp. salt
4 (2.07-oz.) Snickers bars, cut into 1/4-in. pieces
1/4 c. semi-sweet chocolate chips
1/2 c. Heath almond toffee bits

In a bowl combine butter, sugar, eggs and vanilla. Combine flour, cocoa, baking powder and salt; set aside 1/4 cup. Add remaining dry ingredients to the egg mixture; mix well. Toss Snickers pieces with reserved flour mixture; stir into batter. Transfer to a greased 13 x 9-inch baking pan. Sprinkle with Heath bits. Bake at 350° for 30 to 35 minutes. Cool on a wire rack. Makes 3 dozen.

Candy Bar Cookies

1 c. margarine or butter
1 c. peanut butter
1 c. granulated sugar
1 c. brown sugar
2 eggs
2 tsp. vanilla
3 c. flour
1 tsp. baking powder
1 tsp. baking soda
60 Snicker miniature candy bars

Glaze:

1 c. powdered sugar
2 T. cocoa powder
2 to 3 T. milk

In a large mixing bowl beat together margarine, peanut butter, sugars until fluffy. Add eggs and vanilla. Combine flour, baking powder and soda; add to peanut butter mixture, beating until combined. For each cookie shape a rounded tablespoon of dough around a candy piece, forming a ball. Place on ungreased cookie sheet. Bake at 350° for 10 to 12 minutes. Cool on rack; drizzle with chocolate glaze. Makes about 60 cookies. **Glaze:** Combine 1 cup powdered sugar and 2 tablespoons cocoa powder. Add 1 tablespoon milk. Add additional milk, 1 teaspoon at a time to make a thin drizzle. Makes 5 dozen.

Caramel Krispies

1 c. light corn syrup
1 c. brown sugar
1 c. crunchy peanut butter
½ tsp. vanilla
6 c. Rice Krispies cereal

Combine syrup and brown sugar in heavy pan; cook over medium heat, stirring frequently, just until mixture bubbles. Don't overcook. Remove from heat; add peanut butter and vanilla. Stir in Rice Krispies until well coated. Using buttered spatula, press mixture evenly and firmly into buttered 9 x 13-inch pan. Cut into squares when cool. Serves 12.

65153-05

Cherry Cookies

2¼ c. flour
1 tsp. baking powder
½ tsp. soda
½ tsp. salt
¾ c. shortening
1 c. sugar
2 eggs
2 T. milk
1 tsp. almond extract
1 tsp. vanilla
1 c. chopped pecans
⅓ c. maraschino cherries, chopped
1 c. chopped dates
2½ c. cornflakes, crushed

In mixing bowl combine shortening, sugar and cream together; add eggs. Add milk and extracts and mix. Blend in sifted dry ingredients. Add pecans, cherries and dates and mix well. Shape into balls, using 1 tablespoon dough for each cookie, roll each ball of dough in cornflakes. Place on greased cookie sheet and top with ¼ cherry. Bake at 375° for about 8 to 10 minutes. Do not stack until cold. Makes 4 dozen.

Recipe Note: This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.

Chocolate caramel thumbprints

½ c. butter, softened
⅔ c. sugar
1 egg, separated
2 T. cream or milk
1 tsp. vanilla
1 c. flour
⅓ c. baking cocoa
¼ tsp. salt
1 c. finely chopped pecans

Filling:

12 to 14 caramels
3 T. cream
½ c. semi-sweet chocolate chips
1 tsp. shortening

In mixing bowl cream butter and sugar. Beat in egg yolk, cream and vanilla. Combine the flour, cocoa and salt; add to the creamed mixture. Refrigerate for 1 hour or until easy to handle. Roll into 1-inch balls. Beat egg white. Dip balls into egg white and cocoa with nuts. Place 2 inches apart on greased baking sheets. Using the end of a wooden spoon handle, make indentation in the center of each ball. Bake at 350° for 10 to 12 minutes or until set. Remove to wire rack to cool. Meanwhile, melt caramels with cream over low heat or in microwave; stir until smooth. Using about ½ teaspoon caramel mixture; fill each cookie. In a microwave melt chocolate chips and shortening. Drizzle over cookies. Makes 2 dozen.

65153-05

Chocolate Cherry Bars

1 3/4 c. flour
1 c. sugar
1/4 c. baking cocoa
1 c. cold margarine or butter
1 egg, lightly beaten
1 tsp. almond extract
1 can cherry pie filling or homemade
2 c. semi-sweet chocolate chips
1 c. chopped almonds

In a bowl combine the flour, sugar and cocoa. Cut in butter until crumbly. Add egg and almond extract until blended; set aside 1 cup for topping. Press remaining crumb mixture into a greased 13 x 9-inch baking pan. Carefully top with pie filling. Combine chocolate chips, almonds and reserved crumb mixture; sprinkle over pie filling. Bake at 350° for 35 to 40 minutes until done. Cool; refrigerate for at least 2 hours before cutting. Serves 15.

Recipe Note: I make my own pie filling using 1 quart of cherries, 1 1/4 cups sugar, 2 heaping tablespoons of clear gel; cook until clear and thickened. Add 1 tablespoon margarine and 1 teaspoon almond flavoring.

Chocolate Chip Cookies

1 1/4 c. sugar
1 c. butter-flavored shortening
1/2 c. vegetable oil
1 c. brown sugar
3 tsp. vanilla
3 eggs
4 c. flour
1 tsp. salt
1 1/2 tsp. baking soda
1 c. semi-sweet chocolate chips
1 c. peanut butter chips
1 c. chopped pecans

Cream well sugars, shortening, oil. Add vanilla and eggs; beat well. Mix flour, soda and salt together, then add a spoonful at a time as mixer is going on very lowest speed until all flour mixture has been added. Stir in chips and nuts. Drop by tablespoon on ungreased cookie sheets. Bake 8 to 10 minutes at 350°. Makes about 6 dozen cookies.

Recipe Note: These are my favorite chocolate chip cookie.

Chocolate Chip Cookies

- $2^2/_3$ c. flour
- 2 tsp. soda
- ½ tsp. salt
- ½ c. butter
- ½ c. shortening
- 1 c. sugar
- ½ c. brown sugar
- 2 eggs
- 2 tsp. vanilla
- ½ c. quick oats
- 1 c. chopped nuts
- 1 c. semi-sweet chocolate chips

Beat butter, shortening, sugars, eggs and vanilla together until smooth. Sift together flour, soda and salt; stir in flour mixture until well blended. Stir in oats, nuts and chips. Make large cookies 1 inch apart, flatten dough slightly. Bake at 350° for about 10 minutes. Makes 4 dozen.

Chocolate Cookies

- ¾ c. butter-flavored shortening
- ½ c. margarine or butter
- 2 c. brown sugar
- 1 c. white sugar
- 2 T. water
- 2 tsp. vanilla extract
- 4 eggs
- 3 c. flour
- ⅔ c. cocoa
- 1 tsp. salt
- ½ tsp. baking soda
- 2 c. mixture of semi-sweet chocolate chips, vanilla chips, brickle candy pieces
- 1 c. chopped pecans

Cream together margarine, shortening and sugars. Add water, vanilla and eggs; mix well. Combine dry ingredients and add until just blended. Stir in chips and nuts. Bake at 350° for 10 to 12 minutes, being careful not to overbake. Drop by tablespoonful on greased cookie sheet. Makes 6 dozen.

65153-05

Church cookies

1 1/2 c. brown sugar
1/2 c. shortening
2 eggs
1 tsp. vanilla
1/2 c. sweet milk
1/2 c. sweet cream
2 tsp. baking soda
1/4 c. boiling water
3 c. flour
2 tsp. baking powder
1/2 c. raisins (opt.)

Cream together in mixing bowl the brown sugar and shortening. Add eggs and vanilla and mix well. In a separate bowl combine flour and baking powder; set aside. Combine cream and milk. Add alternately with the flour mixture. Dissolve soda in water and add to batter; stir well. Add raisins, if desired. Drop by tablespoon on greased cookie sheet. Bake in 350° oven for about 10 minutes. Sprinkle top of cookies with sugar before baking, if desired.

Recipe Note: This recipe was given to me by Mary Bontrager. These cookies are served to the children during church by the Amish. Makes 4 dozen.

Cottage cheese cookies

3/4 c. shortening
1 3/4 c. sugar
1 c. cottage cheese
2 eggs
3/4 tsp. vanilla
2 3/4 c. flour
1/2 c. sifted cocoa
1 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
1/2 c. chopped nuts
Confectioners' sugar for rolling cookies in

Cream shortening and sugar. Add cheese, eggs and vanilla. Beat together well. Stir in dry ingredients and nuts. Chill for several hours. Shape into balls and roll in powdered sugar. Place on greased cookie sheets and bake at 350° for 10 to 12 minutes. Keep dough chilled while working. Makes 4 dozen.

Recipe Note: This recipe was included when I place second in the Governor's Cookie Jar contest at the Kansas State Fair.

Crinkle sunflower cookies

3/4 c. shortening
1 c. sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
2 c. flour
1/2 tsp. baking powder
1 tsp. soda
1/4 tsp. salt
2 c. regular oats
1 c. coconut
1 (4-oz.) pkg. salted sunflower seeds

Combine shortening and sugars; cream well. Beat in eggs and vanilla. Add flour, baking powder, soda and salt; mix well. Add remaining ingredients, stirring until blended. Drop by rounded teaspoonful on greased cookie sheet. Bake for 12 minutes at 350°. Makes 5 dozen.

Recipe Note: This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.

Frosted chewies

1 c. sugar
1 c. semi-sweet chocolate chips
1 c. crunchy peanut butter
1 c. light corn syrup
1 c. butterscotch chips
6 c. Kellogg's Special K cereal

Combine sugar and corn syrup in medium-sized saucepan. Stir over medium heat until mixture boils. Remove from heat and add peanut butter; mix well. Add cereal and stir until evenly coated. Press mixture into greased 13 x 7-inch pan; cool. Melt chocolate and butterscotch chips together. Spread evenly over cereal mixture. Let stand until firm, cut into bars. Makes 4 dozen (2 x 1-inch) bars. Makes 4 dozen.

65153-05

Frosted pumpkin-walnut cookies

½ c. butter
1 ½ c. brown sugar
2 eggs
1 c. cooked mashed pumpkin
½ tsp. lemon extract
1 T. baking powder
½ tsp. vanilla
2½ c. flour
1 tsp. salt
2 tsp. pumpkin pie spice
1 c. chopped walnuts

Maple Frosting:

¼ c. butter
2¼ c. powdered sugar
2 T. milk
¾ tsp. maple extract

Cream butter. Gradually add brown sugar, beating well. Add eggs, one at a time, beating well after each one. Stir in pumpkin and flavorings. Combine flour, baking powder, salt and pumpkin in pie spice; stir well. Gradually add to creamed mixture; mix well. Stir in nuts. Drop by teaspoon 2 inches apart on greased cookie sheet. Bake at 375° for 8 to 10 minutes. Remove from cookie sheet and cool. Frosting with **Maple Frosting:** Cream butter. Gradually add 1 cup powdered sugar, beating well. Add remaining sugar alternately with milk; beat until smooth. Add maple extract. Frost cookies. Makes 4 dozen.

Recipe Note: This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.

Grandma's Buttermilk Cookies

1 3/4 c. sugar
3/4 c. lard
3 eggs
1/4 tsp. salt
1 tsp. vanilla
3/4 c. cream
1 tsp. soda, dissolved in 1 T. hot water
3/4 c. buttermilk
5 c. flour (approx.)
3 tsp. baking powder

Cream together in large bowl the sugar and lard; add eggs, salt and vanilla. Combine flour and baking powder in bowl; set aside. Combine cream and buttermilk with soda and water; add alternately with flour mixture. Roll out and cut with cookie cutter and place on greased cookie sheet. I have also dropped by tablespoon and press with glass dipped in sugar. Sprinkle cookies with sugar before baking. Bake about 8 minutes in 375° oven. The dough should be very soft and hard to handle. Serves 4 dozen.

Recipe Note: Grandma always used red colored sugar on top of her cookies. Grandma Wiens would always have these cookies for us when we would go to see them. She would always have her freezer full of cookies!

Lemon Snowdrops

1 c. soft butter
½ c. powdered sugar
1 tsp. lemon extract
2 c. flour
¼ tsp. salt

Lemon Filling:

¼ c. soft butter
¾ c. powdered sugar
1 tsp. lemon extract
Few drops yellow food coloring

Mix thoroughly butter, powdered sugar and lemon extract. Blend in flour and salt. If dough is soft, cover and chill. Shape dough by level teaspoon into balls and place on ungreased cookie sheet, flatten slightly. Bake 8 to 10 minutes at 400°. Immediately remove from sheet and cool. Put cookies together in pairs with lemon filling. Roll in powdered sugar. **Lemon Filling:** Cream butter, powdered sugar and lemon extract until smooth and fluffy. Tint with food coloring. Makes 2 dozen.

Recipe Note: This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.

10-5-08 Good too mounded

Mom's Oatmeal Cookies

1 c. butter
1 c. brown sugar
2 eggs
2 c. flour
½ tsp. soda
¼ tsp. salt
1 tsp. baking powder
1 tsp. cinnamon
½ tsp. nutmeg
¼ tsp. cloves
¾ c. milk
3 2 c. quick oats
1 c. raisins

Cream butter and sugar; add eggs and beat until fluffy. Combine dry ingredients and add alternately with milk. Stir in oatmeal and raisins. Drop by tablespoonful on greased cookie sheet. Bake a 375° for 10 to 12 minutes. Makes 5 dozen.

This & That

Oatmeal Caramelitas

32 light caramel candies
5 T. light cream
1 c. flour
1 c. quick oats
3/4 c. brown sugar
1/2 tsp. soda
1/4 tsp. salt
1/2 c. + 2 T. margarine, melted
3/4 c. semi-sweet chocolate chips
3/4 c. chopped pecans

Melt caramels and cream in microwave. Cool slightly. Combine all remaining ingredients except chips and nuts. Press half of crumbs in 11 x 7-inch pan. Bake at 350° for 10 minutes. Sprinkle with chips and nuts. Spread with caramel mixture. Sprinkle with remaining crumbs. Bake 15 to 20 minutes longer or until golden brown. Chill 1 to 2 hours. Cut into bars. Serves 10.

Old-Fashioned Gingersnaps

1 1/2 c. sugar
1 c. shortening
2 eggs
1/2 c. sorghum (molasses)
3 1/2 c. flour
2 tsp. ginger
1 tsp. soda

Preheat oven to 350°. Cream together the sugar and shortening. Add eggs and molasses and mix well. Gradually add combined dry ingredients. Mix well and shape into balls the size of walnuts. Place on greased cookie sheet and press with fork to flatten. Bake 10 to 12 minutes until done. Makes 5 dozen.

Recipe Note: This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.

65153-05

Orange Drop Cookies

1 1/2 c. brown sugar
1 c. butter
2 eggs
1 T. grated orange rind
1 tsp. vanilla
3 c. flour
1 tsp. soda
2 tsp. baking powder
Pinch of salt
3/4 c. buttermilk

Frosting:

1 T. orange rind
3 T. orange juice
2 to 3 c. powdered sugar

Cream brown sugar and butter. Add orange rind and vanilla. Beat in eggs until light and fluffy. Add combined dry ingredients alternately with buttermilk, beating well. Drop by tablespoon on lightly greased cookie sheet. Bake at 350° for 10 to 12 minutes. Frost immediately with combined frosting ingredients. Makes 4 dozen.

Peanut Blossoms

1 c. sugar
1 c. brown sugar
1 c. margarine
1 c. peanut butter
2 eggs
1/4 c. milk
2 tsp. vanilla
3 1/2 c. flour
2 tsp. soda
1 tsp. salt
2 (10-oz.) pkgs. chocolate kisses

Cream sugars, margarine and peanut butter. Beat in eggs, milk and vanilla. Sift flour, soda and salt together and stir into first mixture. Shape into balls and roll in additional sugar. Place on ungreased cookie sheet. Bake for 10 to 12 minutes at 375°. Immediately after baking, press a chocolate into each cookie. Makes 6 dozen.

Recipe Note: *This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.*

Peanut Butter Delights

1/2 c. shortening
1/2 c. butter, softened
1/2 c. peanut butter
1 1/2 c. sugar, divided
1 c. brown sugar
2 eggs
3 c. flour
3/4 tsp. baking soda
1/2 tsp. salt

Filling:

1/2 c. peanut butter
4 oz. cream cheese, softened
1/4 c. sugar
1 egg yolk
1/2 tsp. vanilla
1 1/2 c. semi-sweet chocolate chips
1/2 c. butterscotch chips

Topping:

1 T. butter
1 1/2 c. powdered sugar
1/4 c. baking cocoa
3 T. water
1/4 tsp. vanilla

In large mixing bowl cream the shortening, butter, peanut butter, 1 cup sugar and brown sugar. Add eggs, one at a time, beating well after each addition. Combine the flour, baking soda and salt. Gradually add to creamed mixture. Roll into 1 1/2-inch balls; roll in remaining sugar. Place 2 inches apart on ungreased baking sheets. Using the end of a wooden spoon handle, make an indentation in the center of each ball. In a small mixing bowl beat peanut butter and cream cheese until smooth. Beat in the sugar, egg yolk and vanilla. Spoon about 3/4 teaspoon of filling into each indentation. Bake at 350° for 12 to 15 minutes or until firm to the touch. Remove to wire racks to cool. Melt the chocolate and butterscotch chips; stir until smooth. Dip bottoms of cookies in chocolate; shake off excess. Place chocolate side up on waxed paper-lined baking sheets. Refrigerate until set. **Topping:** Melt butter in a saucepan. Whisk in powdered sugar and cocoa. Gradually add water and vanilla; stir until smooth. May need to add more water until you can drizzle over the tops of the cookies. Chill until chocolate is set. Store in an airtight container in the refrigerator. Makes 5 dozen.

Peanut Butter Frosts

1 c. margarine
1 c. sugar
1 c. brown sugar
2/3 c. peanut butter
2 eggs
2 c. flour
2 c. quick oats
1 tsp. soda
1 tsp. vanilla
1/2 tsp. salt

Frosting:

1/2 c. margarine
1/2 c. peanut butter
2 T. milk + 2 tsp.
1 tsp. vanilla extract
2 1/2 c. powdered sugar

In mixing bowl cream margarine and sugars; add peanut butter and mix. Add eggs and vanilla; mix well. Combine dry ingredients and add to mixture, mixing well. Spread in a greased 10 x 15-inch pan and bake at 350° for about 30 minutes, until done. Cool and top with Peanut Butter Frosting. Sprinkle with chopped peanuts, if desired. **Frosting:** Beat together margarine, peanut butter and 1 cup of powdered sugar until creamy. Add vanilla and milk. Add remaining powdered sugar and beat until fluffy. May need to add additional milk if needed for a smooth consistency. Spread on top of bars and sprinkle with chopped peanuts, if desired. Serves 24.

Pecan Pie Squares

Crust:

3 c. flour
1/2 c. sugar
1 c. butter or margarine, softened
1/2 tsp. salt

Filling:

4 eggs
1 1/2 c. light or dark corn syrup
1 1/2 c. sugar
3 T. butter, melted
1 1/2 tsp. vanilla
2 1/2 c. chopped pecans

In a large mixing bowl blend together flour, sugar, butter and salt until mixture resembles coarse crumbs. Press firmly and evenly into a greased 15 x 10 x 1-inch baking pan. Bake at 350° for 20 minutes. Meanwhile, in a bowl combine eggs and sugar; mix well. Add corn syrup, butter and vanilla; mix well. Stir in pecans. Spread evenly over hot crust. Bake at 350° for 25 minutes or until set. Cool on a wire rack. Makes 4 dozen.

65153-05

Pinwheels

2 1/2 c. flour
1 c. butter
1 1/2 tsp. baking powder
1/2 tsp. salt
1 1/2 c. sugar
1 egg
1 tsp. vanilla
1 tsp. rum extract
7 to 8 drops red food coloring
7 to 8 drops green food coloring
Powdered sugar

In a large bowl combine flour, butter, baking powder, salt, sugar, egg and flavorings. With a mixer beat at low speed for 3 minutes. Divide dough in 3 portions. Mix red in one, green in one and leave one portion plain. Wrap each in plastic wrap and refrigerate 2 hours. Divide each portion into half to make 6 portions. Sift powdered sugar onto waxed paper. With lightly sugared rolling pin, roll out green dough to form a 10 x 6-inch rectangle. With separate sheets of waxed paper do the same with the red and plain doughs. Invert plain dough over the green and then the red. Starting at one long side, roll dough tightly, jellyroll fashion. Wrap roll and refrigerate until firm, about 2 hours or overnight. Preheat oven to 350°. Slice each about 1/4 inch. Place slices on lightly greased cookie sheet 1 inch apart. Bake 12 minutes. Makes 6 dozen.

Recipe Note: This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.

Potato chip cookies

1 c. brown sugar
1 c. white sugar
1 c. shortening
2 eggs
2 c. flour
1 tsp. soda
2 c. potato chips, crushed
6 oz. butterscotch chips

Beat sugars and shortening until creamy; add eggs and beat. Add flour and soda and mix. Stir in potato chips and butterscotch chips. Shape into walnut-sized balls and place on ungreased cookie sheet. Bake for 10 to 12 minutes at 350°. Serves 8.

Raspberry cream cheese bars

3/4 c. butter or margarine, softened
1 c. brown sugar
1 1/2 c. quick-cooking oats
1 1/2 c. flour
1/2 tsp. baking soda
1/2 tsp. salt
12 oz. cream cheese, softened
1/2 c. sugar
2 eggs
1 tsp. vanilla extract
1 (18-oz.) jar red raspberry preserves
1/3 c. sliced almonds

In a mixing bowl cream the butter and brown sugar. Combine the oats, flour, baking soda and salt; add to creamed mixture and mix well. Press 3/4 of the mixture into a greased 13 x 9 x 2-inch baking pan. Bake at 350° for 11 to 13 minutes or until set and edges just begin to brown. Meanwhile, in a small mixing bowl beat cream cheese and sugar. Add eggs and vanilla; mix well. Spread over crust. Drop preserves by spoonfuls over cream cheese mixture; carefully spread evenly. Combine almonds and remaining oat mixture sprinkle over preserves. Bake for 25 to 30 minutes or until set and edges are golden brown. Cool before cutting. Store in refrigerator. Makes 2 dozen.

Roll cookies

1 egg
3/4 c. milk (half cream)
1/2 tsp. salt
1 tsp. baking powder
Flour

In a large bowl combine the egg, milk, salt, baking powder and enough flour to make a soft dough. Roll out to 1/8 inch thin and cut into strips about 2 1/2 inches wide by 5 inches long. Fry in hot fat, turning over once. Drain on paper towels and serve immediately. These go great with watermelon. Serves 10.

Recipe Note: This recipe is from my Aunt Helen Janzen. It is an old German recipe from Grandma Weins.

65153-05

Russian tea cakes

1 c. soft butter
1 c. powdered sugar
1/2 tsp. almond extract
2 1/4 c. flour
1/4 tsp. salt
1/2 to 1 c. chopped pecans
Powdered sugar

Combine butter, sugar and extract. Sift flour with salt and mix in. Add nuts and mix well. Roll into 1-inch balls and place 2 1/2 inches apart on ungreased baking sheet. Bake until firm, but not brown 8 to 10 minutes in 350° oven. While still warm, roll in powdered sugar. Cool and roll again in powdered sugar. Makes 3 dozen.

Recipe Note: This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.

Salted peanut chews

1 1/2 c. flour
1/2 c. brown sugar
3/4 c. butter, softened, divided
3 c. miniature marshmallows
2 c. peanut butter chips
2/3 c. corn syrup
2 tsp. vanilla extract
2 c. crisp rice cereal
2 c. salted peanuts

Combine flour, brown sugar and 1/2 cup butter; mix well. Press into ungreased 9 x 13-inch baking pan. Bake at 350° for 12 to 15 minutes or until lightly browned. Sprinkle marshmallows over top and return to oven for 3 to 5 minutes until marshmallows begin to melt; set aside. In large saucepan cook and stir peanut butter chips, corn syrup, vanilla and remaining butter until chips are melted and smooth. Remove from heat; stir in cereal and peanuts. Pour over prepared crust, spreading to cover. Cool before cutting into bars. These bars taste like Pay Day candy bars. Makes 2 dozen.

Simple Sesames

2 c. butter, softened
1 ½ c. sugar
3 c. flour
1 c. sesame seeds
2 c. coconut
½ c. almonds, finely chopped

Cream butter. Gradually add sugar and continue beating until light and fluffy. Add flour and mix just until combined. Stir in seeds, coconut and almonds just until combined. Divide dough into thirds. Place each on waxed paper; roll each piece 2 inches in diameter. Refrigerate until firm. Cut into ¼-inch slices and bake at 300° for 30 minutes. Makes 6 dozen.

Recipe Note: This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.

Snickerdoodles

½ c. shortening
½ c. butter
1 ½ c. sugar
2 eggs
2¾ c. flour
2 tsp. cream of tartar
1 tsp. soda
¼ tsp. salt
2 T. sugar
2 tsp. cinnamon

Preheat oven to 400°. In large mixing bowl combine shortening, butter, sugar and eggs. Combine flour, cream of tartar, soda and salt and blend in. Shape dough into 1-inch balls and roll in sugar and cinnamon mixture. Place 2 inches apart on ungreased cookie sheet. Bake 8 to 10 minutes. These cookies puff up at first, then flatten out. Serves 6.

65153-05

Toffee Crunch Bars

¼ lb. saltine crackers (about 35)
1 c. butter or margarine
1 c. brown sugar
12 oz. chocolate chips
Chopped nuts

Line a 10 x 15-inch baking pan with aluminum foil. Butter the foil. This is very important. Cover the pan with a single layer of saltine crackers. Heat butter and sugar. Boil for 3 minutes, stirring constantly. Pour hot mixture over crackers and bake at 400° for 5 to 7 minutes. Remove from oven and while still hot, cover with the chocolate chips and spread as quickly as the chips melt. You may add the chopped nuts to the top of the smoothed chocolate if desired. Cool slightly and finish cooling in the refrigerator. Break into pieces and store in the refrigerator or freezer. Serves 25.

Recipe Note: This recipe came from my mom. It is very delicious.

Toffee Crunch Cookies

2 c. brown sugar
2 c. white sugar
1 c. vegetable oil
1 c. margarine
4 eggs
2 tsp. vanilla
4 c. flour
2 tsp. soda
1 tsp. salt
1 ½ c. quick oatmeal
1 c. butterscotch chips
1 c. chopped pecans
1 (10-oz.) pkg. Skor English toffee bits
4 c. cornflakes

Cream together sugars, oil and margarine. Add eggs and vanilla; beat well. Add flour, soda and salt. Mix well. Add oatmeal, chips, nuts and toffee bits; stir well. Stir in cornflakes. Bake at 350° for about 10 minutes. Makes a lot of cookies (9 dozen).

White chocolate macadamia cookies

½ c. butter
½ c. margarine
1 ⅓ c. sugar
2 eggs
1 tsp. vanilla extract
2¼ c. flour
1 tsp. soda
1 c. macadamia nuts, chopped
2 c. vanilla chips

In a mixing bowl cream butter and sugar. Beat in eggs and vanilla. Combine flour and soda; gradually add to creamed mixture. Stir in nuts and vanilla chips. Drop by heaping teaspoonfuls 2 inches apart onto ungreased baking sheets. Bake at 350° for 10 to 12 minutes or until golden brown. Cool for 1 minute before removing to wire racks. Makes 6 dozen.

Whole-grain crunch cookies

¾ c. butter
1 c. brown sugar
½ c. sugar
1 egg
¼ c. milk
1 tsp. vanilla
1 c. flour
½ tsp. salt
½ tsp. soda
2½ c. quick oats
¾ c. wheat germ
½ c. chopped nuts

Beat together butter, sugars, egg, milk and vanilla. Add combined flour, salt and soda; mix well. Stir in oats, wheat germ and nuts. Drop by rounded teaspoon onto greased cookie sheet. Bake in oven at 375° for 10 to 12 minutes or until light golden brown.

Variations: Substitute 1 cup bran cereal for wheat germ. Substitute ½ cup sunflower seeds for nuts. Substitute 1 cup raisins for nuts and ½ cup chopped dates, dried apricots or prunes. Makes 4 dozen.

Recipe Note: This recipe was included when I placed second in the Governor's Cookie Jar contest at the Kansas State Fair.

65153-05

Butter crunch candy

2 c. butter
2 c. sugar
1/4 c. water
2 T. white corn syrup
1 1/2 c. chopped pecans
1 1/2 c. milk chocolate chips

Melt butter in large heavy saucepan over low heat. Add sugar and stir until sugar is melted. Add water and syrup. Cook over low heat to 290° or until brittle in cold water, stirring occasionally while cooking. Remove from heat and add nuts. Pour into a buttered 10 x 15-inch pan and chill. Melt chocolate chips and spread one-half on top. Chill and invert and spread rest of chocolate on top. Break into bite-sized pieces. Store in covered container. Serves 20.

Buttery almond crunch

1 T. + 1/2 c. butter, softened, divided
1/2 c. sugar
1 T. light corn syrup
1 c. sliced almonds

Line an 8-inch square pan with foil; butter the foil with 1/2 tablespoon butter. Set aside. Spread the sides of a heavy saucepan with 1/2 tablespoon butter. Add 1/2 cup of butter, sugar and corn syrup. Bring to a boil over medium-high heat, stirring constantly. Cook and stir until mixture is golden brown, about 3 minutes. Stir in almonds. Quickly pour into prepared pan. Refrigerate until firm. Invert pan and remove foil. Break candy into pieces. Serves 10.

This & That

CARAMEL OVEN POPCORN

2 c. brown sugar
1 c. butter
½ c. light corn syrup
1 tsp. salt
1 tsp. baking soda
1 tsp. butter flavoring
6 qt. popped corn
Nuts (pecans, almonds, peanuts, cashews)

Boil brown sugar, butter, syrup and salt for 5 minutes in a large heavy saucepan. Remove from heat and add baking soda and butter flavoring. Stir well over popped corn and nuts, if desired. Spread in large roaster or cookie sheet. Place in 200° oven for 1 hour, stirring for 15-minute intervals. Remove from oven and cool. Store in covered container to keep crisp. Serves 20.

CHOCOLATE COVERED PRETZELS

1 (20-oz.) pkg. almond bark
1 bag of pretzels (large bag)

Melt almond bark (white confectioners' sugar coating) in saucepan over low heat or in microwave. Dip pretzels in chocolate and lay on waxed paper to dry. You can use whatever shape of pretzel that you like. Makes a lot of covered pretzels. Store in covered container. Serves 30.

65153-05

Chocolate Pecan Caramels

1 T. + 1 c. butter, softened, divided
1 ½ c. coarsely chopped pecans, toasted
1 c. semi-sweet chocolate chips
2 c. packed brown sugar
1 c. light corn syrup
¼ c. water
1 (14-oz.) can sweetened condensed milk
2 tsp. vanilla extract

Line a 9 x 13-inch baking pan with foil. Butter the foil with 1 tablespoon butter. Sprinkle with pecans and chocolate chips; set aside. In a heavy saucepan over medium heat, melt remaining butter. Add brown sugar, corn syrup and water. Cook and stir until mixture comes to a boil. Stir in milk. Cook, stirring constantly until a candy thermometer reads 248°. Pour into prepared pan. Cool completely before cutting. Makes 2 dozen.

Cream Cheese Mints

1 (8-oz.) pkg. cream cheese
2 lbs. powdered sugar
Paste coloring
1 tsp. almond extract

In large mixing bowl combine cream cheese and powdered sugar; add desired paste coloring and extract; mix well. Place in tight covered container. Remove small amount at a time. Press firmly into molds that have been sprinkled with granulated sugar. Turn out of mold at once and let dry. You can vary flavorings and color. These are wonderful for weddings. These mints can be frozen and used later. Serves 40.

Grandma's Creamy Fudge

3 c. sugar
1 ½ c. cream
2 T. cocoa
2 T. white corn syrup
½ c. nuts (opt.)
1 tsp. vanilla
1 T. butter

Combine sugar, cream, cocoa and syrup in a heavy saucepan. Boil to soft ball stage (236°), without stirring. Remove from heat and add vanilla and butter; don't stir. Let cool until bottom of pan can be touched by your hand. Add nuts and stir until gloss disappears. Pour into greased 9-inch pie plate. I prefer to use broken pecan nuts. Serves 20.

Recipe Note: This recipe came from my Grandma Ruby Westfahl. When my dad was in the Korean War, she would send this fudge to him.

Grandma's Peanut Candy

1 c. sugar
1 c. cream
1 c. dark corn syrup
½ tsp. baking soda
1 tsp. vanilla
3 c. salted roasted peanuts

Combine sugar, cream and corn syrup in a heavy saucepan. Cook to soft ball stage (236° to 238°), stirring often. Remove from heat. Add soda, vanilla and peanuts. Mix and pour into buttered 9 x 13-inch pan. Let cool. Cut into pieces and enjoy! This is a chewy caramel candy. Serves 20.

Recipe Note: This recipe came from my Grandma Wiens.

65153-05

PENOCHE

1 c. white sugar
1 c. brown sugar
2/3 c. milk
1/2 c. chopped pecans
1 tsp. vanilla
2 T. butter

Boil sugars and milk in heavy saucepan over medium heat, stirring as needed to prevent curdling and scorching. Cook to soft ball stage; remove from heat. Add butter and vanilla; don't stir and let cool. When cool, beat until creamy. Add nuts and quickly pour into buttered 9-inch baking pan. Serves 20.

Recipe Note: This recipe is one that my mother always makes at Christmas.

This & That

This & That

Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.

- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.

- To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.

- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.

- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.

- Remove stale odors in the wash by adding baking soda.

- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.

- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.

- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.

- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.

- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.

- Add raw rice to the salt shaker to keep the salt free-flowing.

- Ice cubes will help sharpen garbage disposal blades.

- Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.

THIS & THAT

HOT FUDGE SAUCE

3/4 c. butter
1/2 c. cocoa + 2 T. butter
3 c. sugar
1 (13-oz.) can evaporated milk
1/2 tsp. salt

Melt butter, cocoa and butter in heavy saucepan over low to medium heat. Very slowly and gradually add sugar, being careful so mixture does not stop boiling. Then slowly add milk, not letting mixture stop boiling; stir until smooth. Add salt. Makes 1 quart. Pour over ice cream. May reheat jar to use. It is very important to do all steps slowly.

Party mix

½ c. margarine
3 T. Worcestershire sauce
1 ½ tsp. seasoned salt
1 tsp. onion powder
Dash of garlic powder
2 c. Corn Chex
2 c. Rice Chex
2 c. Wheat Chex
2 c. Crispix cereal
2 c. Cheerios
1 c. pretzels
2 c. Bugles
2 c. cheese curls
1 c. mixed nuts or peanuts

Melt margarine in large pan over low heat. Stir in Worcestershire sauce, seasoned salt, onion and garlic powder; mix well. Add rest of ingredients and stir well to coat. Put in roaster and heat in 250° oven for 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in covered container. Cereals can be varied. Serves 20.

Recipe Note: Party Mix is a must to fix every holiday season. I usually make 4 recipes at a time.

Beer batter fish

½ c. flour
½ c. cornstarch
½ tsp. salt
1 tsp. lemon-pepper seasoning
2 egg whites
½ can beer (room temp.)
Fish fillets (your choice)

Mix together flour, cornstarch and salt. Beat together the egg whites and beer. Gradually add to the flour mixture to make batter. Stir until smooth. Dip fillets into batter and fry in hot deep vegetable oil. Catfish fillets taste great with this. Makes a light delicate crisp coating. Also good with onion rings. Makes about 2 cups of batter. Serves 10.

65153-05

Marinade for Meat

- 3/4 c. soy sauce
- 1/2 c. vegetable oil
- 1/2 c. red wine vinegar or cider vinegar
- 1/3 c. lemon juice
- 1/4 c. Worcestershire sauce
- 2 T. ground mustard
- 1 T. minced parsley
- 1 1/2 tsp. pepper
- 1 tsp. salt
- 1/2 tsp. instant minced garlic

In a quart jar combine all ingredients and shake well. Refrigerate until ready to use. Use as a marinade for beef, chicken and pork. Makes 2 pounds.

Taco Seasoning Mix

- 2 tsp. instant minced onion
- 1 tsp. salt
- 1 tsp. chili powder
- 1/2 tsp. cornstarch
- 1/2 tsp. crushed dried red pepper
- 1/2 tsp. instant minced garlic
- 1/4 tsp. dried oregano
- 1/2 tsp. ground cumin

Combine all ingredients in a small bowl until evenly distributed. Spoon mixture into a small airtight container. Label. Store in a cool, dry place. Use within 6 months. Makes 1 package of taco seasoning mix (about 2 tablespoons). To make additional packages, increase ingredient amounts proportionately.

Taco Filling:

- 1 lb. lean ground beef
- 1/2 c. tomato juice
- 1 pkg. taco seasoning mix

Brown ground beef in a medium skillet over medium-high heat. Drain excess grease. Add juice and seasoning mix. Reduce heat and simmer 10 minutes, stirring occasionally. Makes filling for 8 to 10 tacos.

Canned potatoes

New potatoes
3 or 4 lg. onions
1 stalk celery

Dig potatoes out of garden. Wash potatoes. You may use either small whole potatoes or peel and cut up larger ones. I usually scrub the small ones and cut the larger ones in about 1-inch pieces. Chop the onion and celery. In large bowl combine the potatoes, onions and celery. Put in quart canning jars, leaving about 1-inch head space. Fill jar with hot water. Add 1 teaspoon salt per quart, wipe rims and seal. Process in pressure canner at 15 pounds for 20 minutes. Amount of potatoes depends on how many you want to put up. These work good to make potato soup or casseroles. Makes 8 quarts.

Fresh salsa

6 or 8 tomatoes
2 or 3 lg. onions
2 or 3 green peppers
1 or 2 jalapeño peppers
2 T. cilantro
2 T. lemon juice
Salt
Pepper
1/4 tsp. cumin
Dash of chili powder

Peel tomatoes by pouring boiling water over them and let set for 1 minute. Drain and cover with cold water. Skins should slip off. Chop tomatoes, onions and peppers. I sometimes drain some of the liquid off of the tomatoes before adding the other vegetables if too watery. Combine in large bowl with cilantro, lemon juice, cumin, chili powder, salt and pepper to taste. Do not cook. Add amounts of vegetables according to your taste. Stir and serve with tortilla chips. Refrigerate leftovers. Serves 25.

65153-05

Cucumber Cinnamon Rings

2 gal. cucumber rings
2 c. lime
8½ qt. water
1 c. white vinegar
¼ bottle red food coloring
1 tsp. alum
Water
2 c. white vinegar
2 c. water
10 c. sugar
8 sticks cinnamon
8 oz. red hot candies

Cut out seeds from peeled large ~~containers~~ cucumbers. Mix lime and 8½ quarts of water. Let settle. Pour liquid over cucumber rings. Let set for 24 hours. Do not use an aluminum pan. Drain liquid and discard. Wash rings and soak 3 hours in cold water. Drain, then simmer 2 hours in 1 cup vinegar, red food coloring, alum and enough water to cover. Drain. Make a syrup of remaining ingredients and bring to a boil. Pour hot syrup over rings and let set overnight. Drain and reheat this syrup and pour over rings again. Do this once a day for 3 days. On the 3rd day, heat and pack in jars and seal. To seal jars I put pickles in jars, keep the jars hot and pour boiling syrup in jars one at a time. Put lid on that have been kept in hot water and seal. Cover with kitchen towel while finishing other jars. Discard sticks of cinnamon. Makes 6 quarts.

Dilled Pickled Okra

3 lbs. okra
3 c. water
3 c. white vinegar
6 T. salt
12 heads green dill
Garlic cloves

Use small tender pods as possible. Wash and drain. Prick okra and pack into clean jars. Place small bunch of green dill and garlic clove in each jar with okra. Boil water, vinegar and salt together until salt is dissolved. Fill jars with boiling hot brine and seal. Process jars 5 minutes in boiling water. Makes 4 pints.

German dill pickles

Cucumbers (best when picked 1 to 3 in. long)
1 gal. fresh cold water
1 c. pickling salt (no substitute)
2 c. white vinegar
¼ tsp. alum in each jar
Fresh dill & garlic cloves
Jalapeño peppers

Bring water, salt and vinegar to a boil. Prepare freshly picked cucumbers and pack in quart jars with dill, garlic and ½ hot pepper and ¼ teaspoon alum in each jar. Pour hot solution over pickles and seal. Put in hot water bath for 20 minutes. Pickles may be either whole, sliced or spears. For Cajun Pickles, I add 1 teaspoon Cajun spice to each quart jar. Pickles are ready after 2 weeks. Makes 8 quarts.

Refrigerator pickles

4 c. sugar
4 c. white vinegar
½ c. pickling salt
1 ⅓ tsp. turmeric
1 ⅓ tsp. mustard seed
1 ⅓ tsp. celery seed
3 onions, sliced thin
Cucumbers, unpeeled, sliced thin

Mix sugar, vinegar, salt and spices together in a pan and bring to a boil. Remove from heat. Fill jars with sliced cucumbers and onions. Pour syrup over cucumbers and put on lids. Let sit at room temperature for 24 hours, then keep refrigerated. Pickles will be ready in 5 days. Pickles will be crisp. One recipe usually makes about 3 to 4 quarts.

65153-05

Pizza sauce

Tomatoes
Onions
Green peppers
$^3/_4$ c. pizza seasoning
$^1/_4$ c. sugar
5 to 6 cans (6 oz.) tomato paste

Wash and cut tomatoes, onions, green peppers and put in 20-quart stock pot. I fill the pot about $^2/_3$ full of tomatoes, then the rest with onions and green peppers. Cook until tender for several hours. Put through Victorian strainer and boil juice down for several hours until slightly thickened. Add pizza seasoning and sugar, stirring occasionally. Add tomato paste and stir to dissolve. You may add however much paste to get the consistency of the sauce that you want. I use a pizza seasoning brand from a bulk food store that I like. Makes 18 pints.

V8 juice

Tomatoes
Carrots
Onions
Green peppers
Celery
Cabbage
Beets
About 2 T. parsley
About 5 or 6 cloves garlic
Salt
Pepper

Wash vegetables and cut up and put in 20-quart stock pot. Cook until tender, about 3 to 4 hours on low heat. Put through sieve. Add parsley, salt and pepper to taste; bring to a boil. Boil for a couple of hours so that is cooks done a little. Put in quart jars, seal and put in pressure canner. Can at 6 pounds for 10 minutes. I don't have a set amount of ingredients that I use. I use about $^2/_3$ full of tomatoes in stock pot. Then about 5 or 6 large onions, about 6 green peppers, 1 pound of carrots, 4 or 5 stems of celery, 2 beets, and about $^1/_2$ head of cabbage. My stock pot will be full when I start to cook it. It varies in taste from year to year. Serves 15.

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Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.

2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.

3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.

4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.

5. For a juicier hamburger, add cold water to the beef before grilling (1/2 cup to 1 pound of meat).

6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.

7. To keep cauliflower white while cooking, add a little milk to the water.

8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.

9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen.

10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.

11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.

12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.

14. Use greased muffin tins as molds when baking stuffed green peppers.

15. A few drops of lemon juice in the water will whiten boiled potatoes.

16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.

17. Do not use metal bowls when mixing salads. Use wood, glass or china.

18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.

19. Do not use soda to keep vegetables green. It destroys Vitamin C.

20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.

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Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, ¼ teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

Basil Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

Caraway Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

Cilantro Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

Curry Powder Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

Dill Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

Fennel Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

Herbs & Spices

Marjoram May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.

Oregano Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

Paprika A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

Parsley Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

Rosemary Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

Saffron Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.

Sage Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

Tarragon Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

Thyme Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

Baking Breads

Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.

2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.

3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.

4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.

5. Small amounts of leftover corn may be added to pancake batter for variety.

6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.

7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.

2. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.

3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

Proportions of Baking Powder to Flour

biscuits ....to 1 cup flour use 1 1/4 tsp. baking powder
cake with oil ....to 1 cup flour use 1 tsp. baking powder
muffins ....to 1 cup flour use 1 1/2 tsp. baking powder
popovers ....to 1 cup flour use 1 1/4 tsp. baking powder
waffles ....to 1 cup flour use 1 1/4 tsp. baking powder

Proportions of Liquid to Flour

drop batter ....to 1 cup liquid use 2 to 2 1/2 cups flour
pour batter ....to 1 cup liquid use 1 cup flour
soft dough ....to 1 cup liquid use 3 to 3 1/2 cups flour
stiff dough ....to 1 cup liquid use 4 cups flour

Time and Temperature Chart

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

Baking Desserts

Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies

1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping will keep juices in the pie.
4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
4. Do not frost cakes until thoroughly cool.
5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°

Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

Vegetables & Fruits

Buying Fresh Vegetables

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

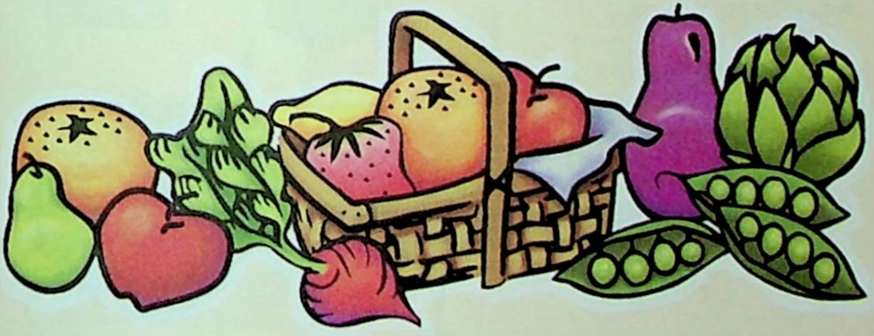
Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



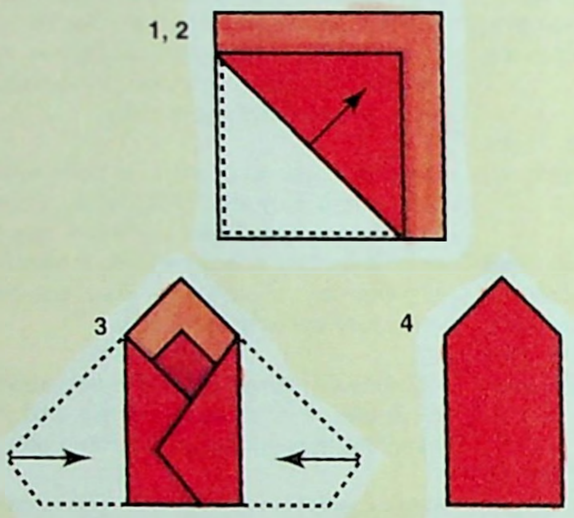
Napkin Folding

General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

Shield

Easy fold. Elegant with monogram in corner.



Instructions:

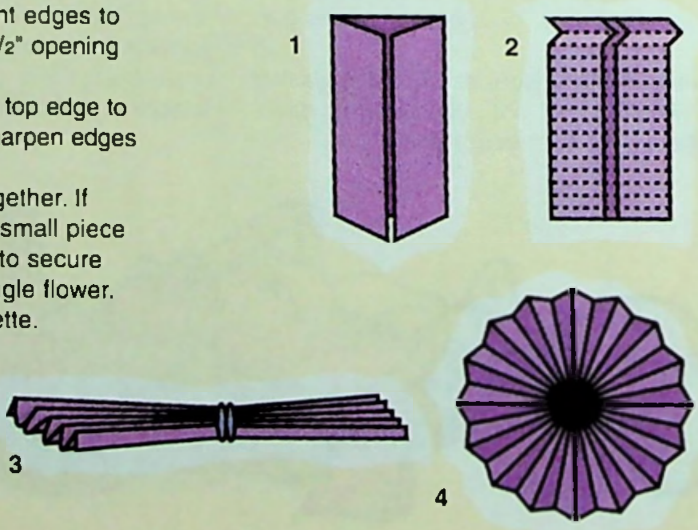
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

Instructions:

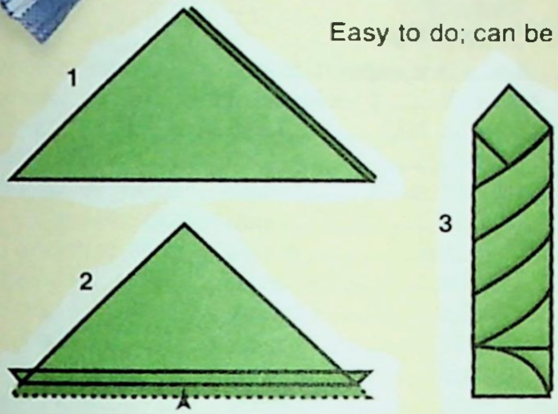
1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



Napkin Folding

Candle

Easy to do; can be decorated.



Instructions:

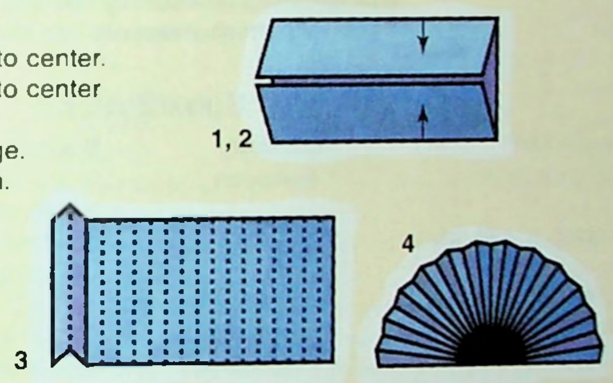
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Fan

Pretty in napkin ring or on plate.

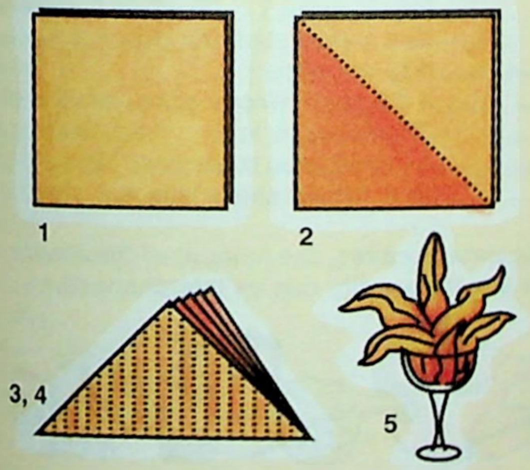
Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



Lily

Effective and pretty on table.



Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

Measurements & Substitutions

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

Substitutions

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.

Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cups

Food Quantities

For Large Servings

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints
Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.

2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.

3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.

4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.

5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!

6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.

7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.

8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.

9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.

10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.

12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.

13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhances the looks and eating quality. Pour in batter and microwave as recipe directs.

15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.

16. Heat left-over custard and use it as frosting for a cake.

17. Melt marshmallow creme. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.

18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.

19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.

20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

Calorie Counter

Beverages

apple juice, 6 oz. 90
coffee (black) 0
cola type, 12 oz. 115
cranberry juice, 6 oz. 115
ginger ale, 12 oz. 115
grape juice, (prepared from
frozen concentrate), 6 oz. 142
lemonade, (prepared from
frozen concentrate), 6 oz. 85
milk, protein fortified, 1 c. 105
skim, 1 c. 90
whole, 1 c. 160
orange juice, 6 oz. 85
pineapple juice, unsweetened, 6 oz. 95
root beer, 12 oz. 150
tonic (quinine water) 12 oz. 132

Breads

cornbread, 1 sm. square 130
dumplings, 1 med. 70
French toast, 1 slice 135
melba toast, 1 slice 25
muffins, blueberry, 1 muffin 110
bran, 1 muffin 106
corn, 1 muffin 125
English, 1 muffin 280
pancakes, 1 (4-in.) 60
pumpernickel, 1 slice 75
rye, 1 slice 60
waffle, 1 216
white, 1 slice 60-70
whole wheat, 1 slice 55-65

Cereals

cornflakes, 1 c. 105
cream of wheat, 1 c. 120
oatmeal, 1 c. 148
rice flakes, 1 c. 105
shredded wheat, 1 biscuit 100
sugar krisps, 3/4 c. 110

Crackers

graham, 1 cracker 15-30
rye crisp, 1 cracker 35
saltine, 1 cracker 17-20
wheat thins, 1 cracker 9

Dairy Products

butter or margarine, 1 T. 100
cheese, American, 1 oz. 100
camembert, 1 oz. 85
cheddar, 1 oz. 115
cottage cheese, 1 oz. 30
mozzarella, 1 oz. 90
parmesan, 1 oz. 130
ricotta, 1 oz. 50
roquefort, 1 oz. 105
Swiss, 1 oz. 105
cream, light, 1 T. 30
heavy, 1 T. 55
sour, 1 T. 45
hot chocolate, with milk, 1 c. 277
milk chocolate, 1 oz. 145-155
yogurt
made w/ whole milk, 1 c. 150-165
made w/ skimmed milk, 1 c. 125

Eggs

fried, 1 lg. 100
poached or boiled, 1 lg. 75-80
scrambled or in omelet, 1 lg. 110-130

Fish and Seafood

bass, 4 oz. 105
salmon, broiled or baked, 3 oz. 155
sardines, canned in oil, 3 oz. 170
trout, fried, 3 1/2 oz. 220
tuna, in oil, 3 oz. 170
in water, 3 oz. 110

Calorie Counter

Fruits

apple, 1 med. 80-100
applesauce, sweetened, 1/2 c. 90-115
  unsweetened, 1/2 c. 50
banana, 1 med. 85
blueberries, 1/2 c. 45
cantaloupe, 1/2 c. 24
cherries (pitted), raw, 1/2 c. 40
grapefruit, 1/2 med. 55
grapes, 1/2 c. 35-55
honeydew, 1/2 c. 55
mango, 1 med. 90
orange, 1 med. 65-75
peach, 1 med. 35
pear, 1 med. 60-100
pineapple, fresh, 1/2 c. 40
  canned in syrup, 1/2 c. 95
plum, 1 med. 30
strawberries, fresh, 1/2 c. 30
  frozen and sweetened, 1/2 c. 120-140
tangerine, 1 lg. 39
watermelon, 1/2 c. 42

Meat and Poultry

beef, ground (lean), 3 oz. 185
  roast, 3 oz. 185
chicken, broiled, 3 oz. 115
lamb chop (lean), 3 oz. 175-200
steak, sirloin, 3 oz. 175
  tenderloin, 3 oz. 174
  top round, 3 oz. 162
turkey, dark meat, 3 oz. 175
  white meat, 3 oz. 150
veal, cutlet, 3 oz. 156
  roast, 3 oz. 76

Nuts

almonds, 2 T. 105
cashews, 2 T. 100
peanuts, 2 T. 105
peanut butter, 1 T. 95
pecans, 2 T. 95
pistachios, 2 T. 92
walnuts, 2 T. 80

Pasta

macaroni or spaghetti,
  cooked, 3/4 c. 115

Salad Dressings

blue cheese, 1 T. 70
French, 1 T. 65
Italian, 1 T. 80
mayonnaise, 1 T. 100
olive oil, 1 T. 124
Russian, 1 T. 70
salad oil, 1 T. 120

Soups

bean, 1 c. 130-180
beef noodle, 1 c. 70
bouillon and consomme, 1 c. 30
chicken noodle, 1 c. 65
chicken with rice, 1 c. 50
minestrone, 1 c. 80-150
split pea, 1 c. 145-170
tomato with milk, 1 c. 170
vegetable, 1 c. 80-100

Vegetables

asparagus, 1 c. 35
broccoli, cooked, 1/2 c. 25
cabbage, cooked, 1/2 c. 15-20
carrots, cooked, 1/2 c. 25-30
cauliflower, 1/2 c. 10-15
corn (kernels), 1/2 c. 70
green beans, 1 c. 30
lettuce, shredded, 1/2 c. 5
mushrooms, canned, 1/2 c. 20
onions, cooked, 1/2 c. 30
peas, cooked, 1/2 c. 60
potato, baked, 1 med. 90
  chips, 8-10 100
  mashed, w/milk & butter, 1 c. 200-300
spinach, 1 c. 40
tomato, raw, 1 med. 25
  cooked, 1/2 c. 30

Cooking Terms

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au Jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meuniére: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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